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THURSDAY, JUNE 3RD, 2010

Enid gets a big surprise on her 'anniversary'

ABOVE: Enid Thomas (centre) with Janet Lewis (left) and Allyson Byrne from Barnardo's Cymru.

THE annual Cowbridge fundraising lunch in aid of Barnardo's Cymru came to a sudden halt recently when a special presentation was made to a local woman.

The lunch, at Cowbridge rugby club, marked 50 years of supporting and fundraising for the popular children's charity by Enid Thomas – not that Enid was aware of it!

The chairwoman of the Cowbridge committee, Janet Lewis, interrupted the diners to announce the presentation, just as Enid was passing with an armful of plates that she was clearing away!

A surprised and overwhelmed Enid was joined by Allyson Byrne, of Barnardo's Cymru, who congratulated her on her 50 years of helping the charity.

After the presentation, Janet Lewis told The GEM: "Enid has been with the Cowbridge Barnardo's group far longer than I have, so we did not want to let the occasion pass."

Janet explained that the Cowbridge group has always arranged a series of events, although the lunch is the biggest.

Janet said: "This year, the lunch raised almost £1,000."

Other fundraising activities include street collections, doing shifts in the 'good causes' Christmas card shop, or organising social evenings – sometimes with an old time music hall theme, or perhaps looking at antiques.

The group also supports the Barnardo's charity toddle later this month, where under-5s will do a charity sponsored walk.

Janet Lewis added: "Helping Barnardo's means helping children in all sorts of ways.

"For instance, one of the things that the charity does these days is to help young people who find themselves caring for a parent.

"The charity can arrange for a trained care worker to come in and take over while the young person is sent on a holiday break."

No honeymoon period for the newly-elected Vale MP as resignation row ignites

by PHILIP IRWIN

THE 'honeymoon period' that any new MP can expect, came to a sudden end last week for Vale MP Alun Cairns – with his defeated electoral opponents accusing him of "breaking a campaign pledge".

The cause of the outrage was the announcement that Mr Cairns would continue as the AM for South Wales West until next year's Assembly elections – although he has tried to deflect criticism by saying that he will not draw an AM's salary.

The issue has been simmering since before the election, when Mr Cairns said that, if elected, he would stand down as an AM.

He did, indeed, offer his resignation to the Conservative party within hours of being elected as an MP.

However, the Conservative next in line to replace Mr Cairns in the Assembly is Coun Chris Smart, of Porthcawl – and it would appear that Coun Smart no longer enjoys the confidence of local Conservative party managers.

A larger than life figure, with trenchant 'traditional Tory' views, he apparently does not sit well with Mr Cameron's new-style Conservative party.

There has been no shortage of speculation that the 'men in suits' would be paying Coun Smart a visit, asking him to stand down.

However, Coun Smart told The GEM that he had not been asked to step aside. He said that until last Friday, he had expected to replace Alun Cairns as the AM for South Wales West.

Instead, the local Conservative party asked Alun Cairns to stay on until the Assembly elections next May, leaving Coun Smart out in the cold.

The decision has found few supporters.

Alun Cairns is clearly unhappy with the situation, and a senior Vale Conservative, Coun Jeff James said: "This was a difficult decision for the party, and we appreciate Alun's reluctance, but we are committed to do everything possible to support him between now and next March."

An angry Coun Smart told The GEM that he was particularly upset to be told the news by the BBC, not his own party.

He said: "This decision is a kick in the teeth for the 30,000 people who voted Conservative in South Wales West in the last Assembly elections. There is no way they will have effective representation."

He continued: "All along, it was known that Alun Cairns should have offered his resignation to the Presiding Officer, rather than to the Conservative management board,

"I don't often agree with Madeleine Moon, but her description of the whole affair as a "stitch-up" is quite accurate."

Ian Johnson, who stood for Plaid Cymru in the Vale, said: "In hustings during the election campaign, Alun Cairns gave clear indications that he would not try to do both jobs.

(CONTINUED ON PAGE 5)

Emergency call

EMERGENCY services attended The Bear Hotel in Cowbridge at 12.30pm on Wednesday, June 3 after an elderly person fell ill.

A fire service spokesman said: "Fire service personnel administered first aid until an ambulance arrived at the scene."

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Llantwit and the environment

FOLLOWING Annie Paine's recent excellent comments concerning the destruction of trees in Llantwit Major, especially those in the town centre – how lovely to see that someone actually notices!

We also were shocked and saddened to see yet two more trees gone.

We have just returned from the Costa del Sol, where we travelled around every day in clean, new, efficient, cheap, government-subsidised buses and trains.

We saw everywhere, even in small town squares and whole streets, trees lining the sides – very well–pruned, healthy, and watered regularly. There was no sign of vandalism, either.

There was no litter in most places. We saw a man pick up a piece of rubbish he had dropped in the bus station, and twice saw a mother tell her child to pick up some paper he had dropped. And he did!

Some of these towns are very poor. Who are these barbarians in our country who are cutting down our trees, and our town councils who are not planting any?

Who are these farmers and councils who are spraying our hedges so much that there are very few wild flowers left?

Come on, we need to improve our attitude to the environment.

V Pernas (Mrs)
Llantwit Major

More powers for the Assembly?

ALLEGEDLY the real reason that the Welsh Assembly desires more powers to govern Wales is to govern Wales the way its people want to be governed. I have no argument with that, providing that the Assembly does not increase its current figure of 60 Assembly Members.

The population of the United Kingdom is approximately 62 million. There are currently 651 MPs indicating one Member representing an average of 95,240 people.

The new Prime Minister David Cameron has stated that Parliament has too many MPs and his Government will reduce the number of members to as many as 500. That will mean one Member of Parliament representing 124,000 people.

On the other hand, the population of Wales is three million. Any calculator will show that one AM represents 50,000 people. If one AM represented 95,240 people, there would only be 32 members, and if they represented 124,000 people, AMs would total only 24.

Every AM receives a salary of approximately £54,000, which is 18 per cent less than their counterparts in Westminster, who receive approximately £65,000.

The Welsh Assembly want more powers to govern Wales, and while I would not object to them having the extra powers, they should only have them on the understanding that there will not be an increase in the number of AMs and the Welsh Members of Parliament should be reduced by the figure of six.

F M D Knill,
Pendoylan

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THE COLUMN YOU WRITE

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'WALES GETS MORE CASH THAN THE REST'

I WAS amazed at the petty, indeed vindictive, criticism levelled at Alun Cairns MP by Dr Ian Johnson in last week's edition of The GEM.

Does he not realise that over the last few years we have collectively and individually spent far more than we have earned, to the point where our deficit and accumulated debts are no longer acceptable to our creditors?

Does he not know either, that Wales, at just under £10,000 per person per year, receives more from the Exchequer than any other part of the United Kingdom?

The south-east of England by comparison receives just under £6,000, all of which means that we are already being subsidised by the rest of the country.

Whether we have been lucky or unlucky, thrifty or profligate in the past is now irrelevant.

Unless our coalition government gets to grips with both our deficit and debt it is inevitable that international financial organisations will force even more painful measures.

Please, Dr Johnson, join the real world and get used to the fact that we are all going to have to pay the price of our financial impropriety, with essentials being the priority and the 'nice to haves' being foregone for some years to come.

Peter Graham–Woollard,
Colwinston

Europe: keep the funding at home

MY thoughts on Europe do not follow the sentiments expressed by your correspondent, Vivien Pernas, of Llantwit Major in The GEM readers' letters page, on May 13.

I wonder if the writer is happy that £45million per day is being paid by British taxpayers to Brussels, to enable the EU to send a very small amount back so that Britain is able to hand out financial support for various industrial and other sites.

However, it would be much better if that daily payment could be retained by the Chancellor of the Exchequer, who would be more familiar with those projects in need of help in Britain. I do not believe that more than 10 per cent ever comes back to the UK!

I agree that this country is very generous in financially helping many hard–up causes abroad, even when Britain's debt was growing daily.

This country has been paying for 35 years and at one time was the only member not having any money coming back at all!

Mrs D E Coombes Herridge,
Barry

'Don't knock the Welsh Assembly'

I WRITE in response to Alun Cairns MP's viewpoint column in The GEM last week.

Just three weeks in Westminster and he is back to the old style of politics – trying to denigrate the Welsh Assembly for forthcoming cuts which they will be forced to implement by a coalition Government.

The Tory party has no mandate for massive cuts. They did not win the election, yet £162m is cut from Welsh Assembly funding.

Nationally, the communities department budget is cut by 27 per cent. This is money that goes to local government to fund home help for the elderly and disabled and monitoring of children in care and at risk. So already we see the targets for Tory cuts.

We hope that Mr. Cairns can become a campaigning constituency MP like his illustrious predecessors Sir Raymond Gower and John Smith, and work for all constituents regardless of political colours.

The residents of the Vale are well served by their Welsh Assembly. Labour and Plaid Cymru have forged an alliance which serves the aspirations of Wales as a dynamic country within the UK.

Peter Holly, Rhoose

Why police our household refuse?

THERE was a problem last Monday with the collection of the black bags in my street; I put our refuse out as usual but after the wagons had been around, I noticed my black bag was still on the kerbside.

Closer inspection revealed it had been opened and obviously someone had decided it was not suitable, therefore it had been left behind!

I contacted the Vale offices and was informed it would be picked up within 48 hours (this was at 8.30am). I must point out there was nothing untoward in my bag.

Several calls later, it was eventually collected on Thursday. I am not happy with this whole idea of people now opening our refuse bags and deciding what will be taken and what will be left behind.

I spend a considerable amount of time recycling and it takes up the greater part of my garage. At the moment, I feel very disinclined to continue with the regimen of recycling, but will do so.

I hope in the future there will be no more policing of refuse. Has anyone else encountered this?

J Evans,
Llantwit Major

HIGH TIDE TIMES

(UNTIL JUNE 10)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
03 Thur	11.11	7.9	23.36	8.2
04 Fri	11.58	7.7		
05 Sat	00.25	7.7	12.54	7.5
06 Sun	01.22	7.5	13.51	7.3
07 Mon	02.29	7.5	14.59	7.5
08 Tues	03.27	7.8	16.06	7.9
09 Wed	04.29	8.1	17.00	8.3
10 Thur	05.21	8.4	17.39	8.7

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should always check with a tide tablespecific to their location.

USEFUL VALE INFORMATION

CRIMESTOPPERS 0800 555111
(Emergency number 999)
COASTGUARD 01792 366534
FLOOD LINE 0845 9881188
HELPLINES
Alcohol and drugs:
Drinkline **0800 9178282**
National Drugs Helpline **0800 776600**
DASH **01656 650686**
SSAFA – Forces Help for serving and ex-service men, women and families **01656 785435**
RAF Association Welfare Officer 01495 249522/01446 740522
SAMARITANS (emotional support) **01656 662333**
VALE WOMEN'S AID 01446 744755
MENTAL DISTRESS
(Mental Health Matters) **01656 767045**
Mental Health Helpline:
Freephone **0800 132 737**
MIND in the Vale of Glamorgan
01446 730792 or www.mindinthevale.org.uk
CHILDLINE 0800 1111 - www.childline.org.uk
Rape Crisis Centre 08451 221331.
RSPCA 0300 123 0744. MIND 01446 746191.
AIDS helplines 0800 567123.
Child abuse – NSPCC 0808 800 5000.
Alcoholics Anonymous – (24 hours) 0845 7697555.
Drug Aid (24 hours) 02920 881000.
Inroads Drugs Project – 42, Holton Road, Barry. 01446 404040.
Vale Victim & Witness Support -
Barry Magistrates Court, Thompson Street, Barry CF63 4SX. 01446 730704.

MP & AM's SURGERY TIMES

New MP Alun Cairns is still finalising his contact details but, to make a surgery appointment with Mr Cairns, contact the constituency office on 01446 733516 or e-mail alun@aluncairns.com

To make a surgery appointment with Jane Hutt AM, contact the constituency office (01446) 740981. Office hours are 9am-5pm. Answerphone service outside office hours.

CITIZENS' ADVICE

At 119 Broad Street, Barry. Drop in Mon-Fri (not Weds) 9.30am - 4.30am (Wed 11am-6pm); at Llantwit Major Youth Centre, Station Road 9.30am - 11.30am Mon and Fri. Telephone advice 0845 120 3756. *Further information www.adviceguide.org.uk*

EMERGENCY SERVICES

Police - Gladstone Road, Barry; for normal service 01446 734451; in emergency 999. Fire - South Wales Fire and Rescue Service, Pontyclun 01443 232000; in emergency 999. Coastguard - Regional Office, Swansea 01792 366534; in emergency 999.

Gas - Gas emergency number 0800 111999.

Electricity - Emergency 0800 0520400; Water - Emergency 0800 052 0130; supply 0800 0520130.

Trading Standards Consumer Advice Centre - Civic Offices, Holton Road, Barry; hours of opening for telephone enquiries - Monday to Thursday, 8.30am-5pm; Friday 8.30am-4.30pm on 01446 700111. For personal visits, Monday to Thursday 9am-4.30pm. Friday 9am-4pm. Recycling Hotline, 01446 700111.

To report a fly tipping incident - 01446 700111.

HOSPITALS

The Barry Hospital - visiting 2pm-8pm each day, 01446 704000. Llandough - Wards have individual visiting times. For details call 029 2071 1711. Princess of Wales - 01656 752752/668090.

For Out Of Hours Chemists, call the Vale of Glamorgan Local Health Board on 02920 350600, or NHS Direct Wales on 0845 4647.

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Cowbridge primary pupils have lesson on the Commonwealth

... AND FALL IN LOVE WITH THE HAKA!

PUPILS at Y Bont Faen Primary School have been immersed in a Commonwealth project, organised by deputy head Mr Lloyd.

He inspired the children on Commonwealth Day in assembly by telling them all about the history behind the British Empire and the Commonwealth countries that exist still today.

A spokesperson reports: The whole school, from nursery right up to year-6 have been involved in finding out about two chosen Commonwealth countries.

Year-4 chose to study two very different cultures, Tanzania and New Zealand, and have compared their own most fortunate lives to those of children in a very poor country such as Tanzania. They have e-mailed tourist offices and high commissions to gain information and have presented their findings on some impressive powerpoint presentations.

Some of these can be seen on the school website *www.ybontfaen.com*

Year-4 also had visitors in to tell them about their trips to New Zealand and they fell in love with the Haka!

They decided to learn the Haka and reproduce it on the school website – they had full Maori face paint and really got into the spirit of the war dance! The theme for the Commonwealth will be carried over until school sports day on June 22, where they will have a Commonwealth flag parade and other activities – who knows – maybe the Haka will be slipped in, too!

Weather permitting, the school summer fayre will continue in the afternoon, also based on a Commonwealth theme, with rock shops, gold panning, Caribbean treasure hunts, African safari hospital, ices and olde English tea shops, alongside normal year-6 activities.

There is also a raffle with fabulous prizes of attraction tickets to West Midland Safari park, Wookey Hole, Manor House Zoo and Folly Farm to name but a few! The draw will be held on July 9 in the school hall!

Hopefully, the weather will be kind to us all!

Don't forget our duck race in Twt Park on Saturday, June 19, 12noon, where we will be weighing the potatoes from the growing competition too – ducks only £1!

AREAS 'BLIGHTED BY RUBBISH'

MP says hidden cameras may be the way to catch flytippers in Vale

by TIM CHAPMAN

THE Vale's new MP, Alun Cairns, has said the council may have to look at using "surveillance methods" to catch flytippers, following a GEM story which highlighted how a country lane in Barry had been blighted by abandoned rubbish.

Local couple Mary and Windsor Hodgkinson had explained that they had suffered problems for nine years, with people dumping rubble, fast food packaging and electrical items in Pencoedtre Lane – and that far from things getting better, they were getting worse.

Mr Hodgkinson even goes along the lane up to twice a week to tidy up.

The couple's understandable ire is directed at flytippers and litter louts, and not the Vale Council which responds to their calls warning of the latest batch of flytipped rubbish or rubble.

MP Alun Cairns said he was concerned when he read the report.

"It is appalling that people are dumping builders' rubble, electrical goods and garden waste in this area.

"Residents should not have to put up with this activity, which is illegal."

Mr Cairns said that in problem areas, the council may have to consider using hidden cameras to catch the culprits.

"I am pleased that the Vale Council has carried out a clean-up operation, but there may be a need for the council to use surveillance methods to catch those responsible.

"These operations have been very successful in other areas, when hidden cameras are put into place which catch people red-handed.

"The Vale Council should consider adopting this approach if further tipping occurs and I will be urging them to act to tackle this recurring problem head on."

COMMUNITY NEWS

LLANBETHERY & LLANCARFAN

Your community correspondents are Sam & Patsie Smith on (01446) 751448

SUMMER SOCIAL POSTPONED

THE PCC regrets that due to unforeseen circumstances, the Strawberries and Pimms at the Llancarfan Rectory on Saturday, June 5, has been postponed.

It is, however, still hoped to hold a concert in the church on the first weekend in July. Cowbridge choir are finalising details... so watch this space!

Dan takes Welsh title

A WINNING WEEKEND!

A LOCAL kart driver, Dan Jones, is celebrating after becoming Welsh champion after two days of intensive racing at the Llandow race circuit.

It was a non-stop winning weekend, as he took both pole position and the chequered flag in every race he started.

In two qualifying heats on the Saturday and Sunday, Dan set the fastest time and then led from start to finish in both.

He continued to set the pace in practice before the final and once again he was on pole.

When it came to the race itself, his rivals tried hard to catch him out in the early stages but, once Dan settled, he pulled away for a conclusive win – and the Welsh title!

Dan told The GEM: "I would like to thank the Delta Karting Team for their engine preparation and help over the weekend.

"Also, my father deserves a big thank you, as he is also my mechanic!"

ABOVE:
Dan Jones takes his place on the podium.

Tea party

THE Barry Friends of the National Osteoporosis Society are holding a tea party on Thursday, June 10, at 2pm in the Senior Health Shop, Holton Road, Barry CF63 4HD. Entrance is £2, which includes tea/coffee, sandwich and cake. There will also be a raffle.

Spokeswoman Jean Dowding urged: "Do come along and bring a friend or two."

COMMUNITY NEWS

TREOES, LLANGAN & ST MARY HILL

Your local correspondent is Nancy Davidge, "Tynewydd", Llangan. (01656) 860303

Church closed

ST MARY Hill Church, St Mary Hill, will be closed on Sunday, June 6, and the following two weeks for a programme being made by BBC television – more on this at a later date!

The next service will take place on Sunday, June 20.

Anniversary

YOUNG at Heart Club members, Vera and Terry Jones, will this week celebrate their golden wedding.

Best wishes from all club members.

Concert

TICKETS are still available for the Minnesingers' (travelling singers) concert which will take place on Friday, June 18, at 7.30pm at St Canna's Church, Llangan.

Tickets £6, to include a raffle. Telephone 01656 862965 or 01656 646490.

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Old favourites (and some new songs) thrill the audience at choir's 40th anniversary concert

WHEN Cowbridge Male Voice Choir celebrated its 40th anniversary, the audience in Cowbridge Leisure Centre was treated to some old favourites, and some surprises.

Perhaps the biggest surprise came during the interval, when the choristers took the chance to change from their traditional maroon blazers to their new dark green colour scheme.

The choir, under the musical direction of Shelly Thomas-Brown, and accompanied by Sandra Williams, treated the audience to a varied repertoire, opening with what is now a staple of male voice choirs, the Mickey Newbury-inspired 'American Trilogy'.

They performed their share of traditional Welsh material, with four hymns in the early part of the show.

One highlight of the second half of the show was a new section, entitled 'By Babylon's Wave' which was particularly striking.

The guest soloist for the evening was Iona Jones, acompanied by Janice Ball, and she proved to be a high quality performer who thrilled the audience with her choice of material and her interpretation of some classic vocal pieces.

RIGHT:* *Iona Jones (right) and accompanist Janice Ball.

Iona Jones gives a flamenco flavour to a solo number.

Photographs by **MIKE WILCOCK**

It's three out of three for rising stars

Left to right: Ricky Woodman, Levi Jenkins and Richie Canning.

COWBRIDGE Leisure Centre was the venue when the Bridgend ABC held its first dinner show recently.

The event attracted more than 300 spectators to some top quality entertainment with a Welsh select up against a Bedford select. All three local boxers won on their home show.

First up, boxing from Bridgend was Richie Canning, against Stephen Spoone. The bout started at a fast pace, with Canning pushing his opponent onto the back foot, with fast combinations.

The second round saw the same, Canning outclassing Spooner with his speed.

With the home crowd firing him up, the third round saw him push for the stoppage with two standing counts within seconds of each other.

The referee had no choice but to stop the contest after the third standing eight count.

Next up was Ricky Woodman, against Myke McGartland. Woodman starting well, boxing off his jab and following up with his combinations. McGartland was trying to push Woodman back to use his advantage, landing with a big right hand.

Woodman took this well and got back to his boxing, landing with his own clean shots. The second round saw Woodman keeping the up a fast pace up and working his opponent's body as well as the head. scoring well.

With a close third round, the bout was awarded to Ricky Woodman on a majority decision.

Last up was Levi Jenkins against Clinton Batise. Jenkins was under pressure to keep the local team winning, and started the first round well, boxing off his jab and countering his opponent. The second round saw the same, but Jenkins picked up the pace, his opponent showing good heart and sticking with Jenkins.

The third and final round saw Batise pushing the pace, knowing he was down on points. This suited Jenkins, who landed with a hard right hook, forcing the referee to give a standing eight count. The bout ended with a unanimous decision to Levi Jenkins.

Tsunami orphans are helped by charity event in Cowbridge

LLANTWIT MAJOR resident, Debbie Wildi, recently raised £307 for the Anbaham children's outreach project in Southern India – by holding an Indian-themed pamper evening in Cowbridge.

The project homes and feeds, clothes and educates Tsunami-orphaned children and has helped many children to rebuild their lives following the disaster.

Debbie is taking a trip to the centre in February 2011 and is collecting items for the children to take with her. All money raised is going towards transporting the items to India and building a new wing to house the ever-increasing numbers in the school.

She would like to say a very big thank you to local businesses: Filco Foods, the Balti House, Bar44, the Bear Hotel, Zenergy, Curves Gym, Karma Beauty and Pranalife for donating food and raffle items for the evening, and to Karma Beauty for providing an excellent venue, free of charge.

For more information about the cause, visit www.muttom.com or contact Debbie 01446 790397.

After Irish success, local racer Tom Harvey heads British Championship

BONVILSTON'S budding kart racing star, Tom Harvey, overcame tyre woes in qualifying to storm to a another double victory, this time at Nutts Corner in Ireland.

Tom Harvey.

"It's a really flowing and exciting circuit,' said the 12-year-old Cowbridge High School pupil. "You don't get a break at all, which is what I like most about it – it's a real drivers' track."

Quickest in practice among the 31-strong MSA Cadet class field, a bad batch of tyres during the wet qualifying session the following day left Tom an unaccustomed and unrepresentative 19th, battling against a dire lack of grip.

"I was doing an anti-rain dance!" he quipped. "I was so happy when I woke up on Sunday and it was dry. In heat two, I got an amazing start up to fifth, and then I just worked my way through into the lead and hung onto it to the end. I was really pleased with that, because Nutts isn't a track where you can overtake easily.

"I began the first final 11th, and made up nine places at the start to move into second, and then I pushed the leader all the way to make it a two-horse race rather than have eight or nine of us all battling over it. Midway through, his kart began to grip-up and I got past and was able to pull out a gap.

"The second final was a bit more of a dogfight. I was starting from the front this time, but the top seven kept swapping places during the race – if you missed a braking-point, the rest would be gone, so I had to be really precise."

It was an incredible turnaround from how things had looked post-qualifying, and means not only that Tom remains unbeaten in the last four national finals – a magnificent achievement in itself – but also that he now leads both British Championships, by eight points in Super 1 and 18 in FKS.

You can now read your Glamorgan GEM online; just log onto: ***cowbridge-today.co.uk***

Vale health services are under review

But most hospital patients will still be treated in Bridgend

REPORT by JAYNE ISAAC

A REVIEW of community-based health services in the western Vale is currently under way.

Abertawe Bro Morgannwg and the Cardiff and Vale health boards are jointly reviewing services to see which way to go in the future, and are consulting with various "stakeholder groups".

Services are provided by both boards with responsibility for them shared. The options being considered include making one of the boards responsible for these services in future.

Services under review cover everything, apart from those for people with a learning disability and their carers, which will continue to be provided by ABM.

Services being reviewed include community nursing, health visiting, midwifery, mental health services, community based therapy, specialist nurse clinics and paediatrics.

Any changes will not affect how people receive hospital-based treatment. The majority of hospital services for people in the western Vale will continue to be provided at Princess of Wales Hospital in Bridgend and mental health services will be at Glanrhyd Hospital, also in Bridgend.

The western Vale has been defined as including the council wards for Cowbridge, Llantwit Major, Llandow, Ewenny, St Bride's and Peterston Super Ely.

Both boards provide services to the western Vale at the moment and the consultation document says that while there will always be a need to work across boundaries, the position in the western Vale is an issue, given its size, the complexities in provision and a lack of clarity about the responsibilities for providing core community services.

It has been agreed by all major stakeholders, including the Vale Council, that the recent NHS re-organisation, which created the two new health boards last October, was an opportunity to agree a way forward.

The document comes up with four options. The first is to do nothing and retain the status quo.

The second is to do very little and just clarify roles and responsibilities.

The third option is to nominate a single provider to improve integration between community and hospital based services. This would mean that all community services would be provided by ABM.

The fourth option is to nominate a single provider which would bring all of the Vale under one umbrella, in line with the council's boundaries. This would mean that the Cardiff and the Vale Board would take over all community services.

An in-depth analysis of the options has ruled out the first option of doing nothing at all as not being viable.

The second option of doing the minimum also has disadvantages, including problems in community nursing because both boards use different documentation, syringe drivers and equipment suppliers.

The two health visiting services also work in different ways and midwifery cannot provide continuity of care unless women go to Llandough or the University Hospital of Wales to give birth.

The third option of allowing ABM to provide all the service also has disadvantages, including the risk of "inequalities in service" across the Vale and the fear that issues in the Vale would be a minor component of the activity of ABM, which covers an area stretching across to Neath, Swansea and Gower.

The fourth option, allowing the Cardiff and Vale Board to take over, also carries similar disadvantages, including one that residents of the western Vale who are registered with Bridgend GP practices could be disadvantaged.

The consultation document points out that many residents in Ogmore-by-Sea and Southerndown are registered with practices in Bridgend, while those living in Peterston Super Ely often register with a GP in the Rhondda Cynon Taff area.

Once discussions have taken place with staff, and the views of other stakeholders have been collated, the two boards will work together to thrash out a preferred way forward which will "address clinical governance issues and is acceptable to key stakeholders".

'Don't forget people of Haiti' – local charity advocate

by TIM CHAPMAN

A man from Barry, who has worked as an advocate for a world children's charity for five years, has called on the Vale Council to examine the idea of 'twinning' the area with Port au Prince in Haiti.

Mr Godfrey Knight represents the cause 'Compassion in Jesus' Name' which seeks to release children in the Third World from poverty.

He said: "I would like to ask the Vale Council to seriously consider twinning the Vale or Barry with the Island of Haiti or the capital Port au Prince.

"This decision would draw the public's attention to those living in misery over there.

"German university cities are now twinning themselves with those living in abject poverty in cities throughout equatorial Africa."

An earthquake struck Haiti on January 12, leaving one million people homeless. Estimates of the death toll vary between 92,000 and 230,000.

When the scale of suffering was on the news, there were a number of events held in the Vale to raise funds for charities helping in the relief effort.

The rainy season started in May for Haitians and Mr Knight hopes that 'twinning' will keep the issue in the public eye.

The aim of the charity Compassion is to encourage people to sponsor children in poverty stricken areas to give them a brighter future.

Mr Knight explained: "Children have the ability to change the world for the better – it's a frightening statistic though that around 25,000 children die each day of easily preventable diseases.

"Recently, we have been encouraging people to sponsor children in Haiti – the poorest country in the western hemisphere – for £21 a month.

"For this sum, the child gets a nutritious meal every day, plus snacks, clothing, healthcare and education.

"City Soleil – Sun City – is a shanty town of 300,000 people in Port au Prince. The poverty there is so grim that these faith-filled people live without running water, electricity or sewerage disposal.

"The ingredients of cakes made at the side of the road are flour and mud."

Mr Knight emphasised that in sponsoring a child there is a wider benefit. "Thousands of children eat every other day. Under these wretched circumstances when you sponsor a child you actually raise the morale of the whole family.

"Unlike the Tsunami, the devastation in Haiti must not slip from people's consciousness."

People are able to choose the area in the world where they would like to sponsor a child and if anyone would like more information they can call Mr Knight on 01446 749727 or go to the website www.compassionuk.org

Fresh chance to see MOD plans

THE latest sets of plans for the Defence Technical College (DTC) at St Athan will be put on display later this month at three Vale venues.

On June 15, for one day only, the St Athan Community Centre in Glyndwr Avenue, St Athan, will host the exhibition from 11.30am until 8pm. This exhibition will give the public a chance to talk to experts from Metrix who will be there to answer questions.

There will also be a screening of a computer animated 'fly-through' of the proposed DTC to give the public an idea of the scale of the project.

For Vale residents unable to visit the St Athan exhibition, a roadshow will then be a regular fixture at Cowbridge Library from June 16 - 21. The Metrix personnel, however, will not be available at this venue.

Later in the month, the same roadshow will be on show at Llantwit Major Library from June 29 until July 5.

As these exhibitions form part of the planning process, residents will be able to pass their comments on to the Vale Council, which retains the responsibility for planning matters.

May Ball provides a £7,000 boost for Peterston school

PHOTOGRAPHS by IAN DIXON

PETERSTON JUNIOR SCHOOL PTA held a highly successful May Ball in the church hall on Saturday, May 22.

Dancing followed dinner on a lovely summer's evening and with donations, raffles, and auctions the impressive sum of £7,000 was raised for the school buildings expansion programme.

MP caught up in Assembly resignation row

(CONTINUED FROM PAGE 1)

"For him to go back on his word once elected is in very bad faith. I am sure that the people of both the Vale and South Wales West will be very disappointed to find that they have elected a part time politician."

The defeated Labour candidate, Alana Davies, who coincidentally sits on the same town council (Porthcawl) as Coun Smart, shared Ian Johnson's memory of the hustings.

She said: "Alun Cairns was quite adamant about standing down as an AM if he was elected. I would think there must be dozens of people who were at Barry Comprehensive's husting, for instance, who can confirm that.

"What is more, I don't remember anything about only tending his resignation to the Conservative party being mentioned.

"If you are honouring a promise to resign, you knock on the Presiding Officer's door and do so.

"You don't suddenly point to the small print and try to get out of it."

One theory is that the Conservatives were hoping to make Coun Smart so angry that he would resign from the party, leaving the way clear for a less controversial replacement to be put forward for the Assembly

However, he told The GEM: "I am considering my position, but I will not be making any rash statements."

Although Southerndown misses out on Blue Flag, Welsh beaches improve

by TIM CHAPMAN

THE Vale Council has explained the reasons behind Southerndown beach failing to get the prestigious Blue Flag accreditation this year.

The issue was raised by the Plaid Cymru parliamentary candidate for the general election, Dr Ian Johnson, who said that while locations in the east of the Vale had received the 'flag' award, he was concerned by those in the west that had not.

Dr Johnson said: "The Blue Flag award at Barry Island's Whitmore Bay is highly deserved and this prestigious award shows the cleanliness and importance of the beach to our local tourism industry and to the people of Barry.

"However, although the Vale Council should be proud of its success in both Whitmore Bay and Penarth Marina being awarded Blue Flag status this year, I am concerned that other beaches in the Vale haven't qualified.

"Between 2004 and 2006, Dunraven Bay at Southerndown qualified as a Blue Flag Beach, but has not done so since."

Dr Johnson posed the question: "What have the Vale Council been doing, or not been doing, to ensure that other beaches along the Glamorgan Heritage Coast get the highest possible commendations for their cleanliness and facilities?

"The western Vale mustn't be left out when it comes to investment of time and energy by the council, any more than Barry, Dinas Powys and Wenvoe should be ignored by them."

Clifford Parish, operational manager for waste management and cleansing at the Vale Council, explained that there were factors outside the council's control which had led to Southerndown missing out.

"Beaches and marinas that are put forward for Blue Flag accreditation are judged against 30 criteria which include meeting the highest water quality mark, strict litter management, dog control, visitor safety and sustainable environmental ethics.

"Unfortunately Southerndown beach, which is privately owned, failed the water quality standards some time ago. There were also some issues with the local infrastructure that precluded it from continuing to achieve Blue Flag accreditation. It should be noted that the Vale Council does not control this privately-owned infrastructure or the water quality, though we were responsible for submitting the successful Blue Flag applications in partnership with the landowner.

"Accepting these ongoing concerns with Southerndown, council officers and the landowner's representatives were keen to continue to demonstrate the importance of this beach to visitors and the overall good quality of the area and its facilities.

"This season, officers have successfully applied for a 'Seaside Award' for Southerndown and the attainment of this award is shortly to be announced by Keep Wales Tidy. Seaside Awards have also been attained for Jackson's Bay and Whitmore Bay in Barry (Whitmore Bay also having retained its Blue Flag status).

"Applications for Green Coast Awards were sent in for Ogmore and Llantwit Major beaches, though unfortunately both these beaches failed to achieve the guideline water quality last year and our applications were therefore unsuccessful.

"The largest obstacle to the attainment of Blue Flag and Green Coast Status is water quality, a factor over which the council regrettably has no control."

The Marine Conservation Society (MSC), which monitors the quality of beaches across the UK, says that in general water quality at Welsh beaches is improving.

An MSC spokesman said: "Welsh beaches can suffer from storm pollution run-off from farmland which carries material like fertilizer and animal waste into the sea.

"There is also a high number of combined sewer overflows, intermittently discharging raw sewerage to the coasts of north and south Wales which needs to be upgraded if the water quality is to improve further.

"MSC is fully supportive of Welsh Water's environmental investment programme and expects that plans by the Welsh Assembly Government, the Environment Agency and the 'Green Sea Initiative' will lead to future improvements in bathing water quality."

The Good Beach Guide 2010 has been published in support of the *MCS campaign for clean beaches and seas.*

The results for local beaches follow.

The key is: ***Recommended****: Highest water quality standard and good treatment of any continuous sewage discharges.*

Guideline*: Good water quality standard only.*

Basic Pass: *Passed EC Mandatory standard for water quality.*

Fail*: Failed EC Mandatory standard for water quality.*

Beach	2010 Grade	2009 Grade
Porthcawl, Newton	Fail	Basic Pass
Porthcawl, Rest Bay	Recommended	Recommended
Porthcawl, Sandy Bay	Recommended	Recommended
Porthcawl, Trecco Bay	Recommended	Recommended
Barry, Watch House Bay	Basic Pass	Basic Pass
Cold Knap, Barry	Recommended	Recommended
Fontygary Bay	Guideline	Not tested
Jacksons Bay, Barry	Recommended	Basic Pass
Llantwit Major	Basic Pass	Fail
Ogmore Central	Basic Pass	Fail
Ogmore West	Fail	Not tested
Southerndown	Basic Pass	Basic Pass
Whitmore Bay, Barry	Recommended	Guideline

'Police cuts will undermine Vale' – says Plaid AM

BURGLARIES at Dinas Powys, closure of cells in Barry, and police budget cuts were on the agenda when Plaid Cymru AM Chris Franks met the temporary Supt for the Vale and Bridgend Jay Dave, at Barry police station.

ABOVE:
Chris Franks met Jay Dave at Barry Police Station.

Following the meeting, the regional AM, who represents the Vale, warned of the dangers of cuts to the continuing success of policing in the Vale.

"Conservative Policing Minister Nick Herbert has announced that South Wales Police face £2.8 million cuts this year. Police in the Vale have a good record, which will be undermined by cuts from the government in London," Mr Franks said.

"I don't recall Alun Cairns, the Tory candidate, warning people that a Tory victory would lead to fewer bobbies on the beat.

"South Wales Police force is not generously funded, it is due to the refusal of the Home Office to acknowledge its special responsibilities.

"Unfortunately, the Assembly is also losing £184 million this year alone, so will not be able to find additional cash.

"Plaid is very concerned that all the progress there has been in the Vale will not be maintained if sufficient funds aren't available," he warned.

PACT meetings

BUTTRILLS PACT*, The Philip John Community Room, Barry Library, June 11 at 2pm.*

PENDOYLAN Community Council meeting*, Pendoylan School, June 10 at 7.45pm.*

LLANDOW PACT*, Ewenny Village Hall, June 16, at 7pm.*

DINAS POWYS PACT*, Bethesda Hall, June 7 at 7pm.*

Three-car crash closes airport road

A COLLISION involving three vehicles closed the road to Cardiff Airport for two hours on Tuesday (June 1).

The accident took place at mid-day, and a police spokesman said: "The road between Barry and Cardiff Airport was closed for two hours.

"All 11 occupants in the vehicles were taken by ambulance to the University Hospital of Wales, Cardiff, although their injuries are not believed to be serious."

'More local foster carers are needed'

THERE is a shortage of 750 foster carers in Wales, at a time when more children need foster homes.

This means children too often face moving a long way from their family and friends and many cannot live with their brothers or sisters.

More local foster carers are needed for local children and during this year's Foster Care Fortnight (17-30 May) we are calling for more people with the right skills and qualities to come forward.

I feel proud to have been able to make a difference to the lives of so many children and I would urge your readers to consider doing the same.

To find out more, people should speak to their local fostering service, or visit *www.couldyoufoster.org.uk.*

Jim Bond
(Foster carer and chair of the Fostering Network Jim.bond@fostering.net)

Leisure centres have 25 ways to keep a person fit!

IF you want to lose weight, get toned, or stay fit, you'll find the perfect fitness class for you at the Vale of Glamorgan leisure centres.

The classes are suitable for all ages (from 14 upwards), all shapes and sizes, and are a great way to add variety to your exercise routine.

The 25 fitness classes on offer are: Absolute training, aerobics, aqua aerobics, aqua natal, body blast, box-fit, boxercise, cario tone, circuit training, easyline, kids fit, multi fitness, nice'n'easy, pilates, qi gung, sivananda, yoga, step aerobics, step and tone, t'ai chi, tone and stretch, trampolining, trixter bikes, yoga at heart and zumba!

Further details can be found online at www.valeofglamorgan.gov.uk/leisurecentres.

'Better outcomes for Tougher Times' focuses on priorities

BETTER outcomes for tougher times was the title of the Welsh Assembly Government statement last December, giving a clear message about the tough financial times that we knew we were facing.

It also signalled our determination to safeguard and continue to improve public services, as well as support business, as we come out of the recession.

Over the last decade, we have kept a focus on improving our public services and delivering the most efficient services.

We held our last economic summit in May with business leaders and representatives from the construction industry speaking about the importance of the Assembly Government's investment in house building during the recession.

We made the decision, backed by the Labour UK Government, to bring forward our capital spending programmes from 2010 into 2009, for school, hospital and house building.

That was welcomed by the private sector. We are also removing barriers to procuring business in the public sector, making it simpler so that Welsh businesses can benefit from public sector contracts in many areas such as ICT, as well as construction.

At a recent conference on housing finance, I reported on progress we have made in delivering the 'One Wales' commitment to building 6,500 additional homes over the four-year lifetime of this Assembly (our fixed term elections will be held next May).

There has been substantial investment by the Welsh Assembly Government in the social housing grant, resulting in 4,235 homes being built helping to counteract the recession.

I know how important this is for the many people who attend my surgeries who have housing needs. In fact, housing and homelessness form the largest part of my surgery caseload by far, followed by social services and educational needs. All the responsibility of the Vale Council.

The Assembly is putting the money in to help address these needs, including the 'mortgage rescue scheme' which we have enhanced in the past few months since I became Finance Minister. We also work closely with Shelter, the campaigning housing charity which is

ASSEMBLY NOTES

by ***Jane Hutt AM***
(Minister for Business and Budget)

funded by the Assembly Government, as is the Housing Debt Helpline.

This helpline offers advice to people facing repossessions or eviction, and has received a £58,000 funding boost from the Welsh Assembly recently to help provide free telephone advice and counselling to anyone at risk of losing their homes. Since its launch in 2009, the service has helped 61 per cent of their callers to keep their homes.

The Housing Debt Helpline can be contacted on 0800 107 1340 or a www.housing-debt-helpline-wales.org

The positive impact we can have in the social housing sector is not just for the families that are rehoused in good quality housing. We have also introduced conditions in our contracts to include recruitment for jobs and training. We have adopted a 'Can Do' toolkit, which has resulted in nearly 500 new employment and training opportunities being created in the housing sector.

The opportunities we have in the Welsh Assembly Government to help create new jobs are all fragile, with the new UK Government cuts budget – including the end to the Future Jobs Fund which has helped young people into employment here in the Vale and across Wales.

In Wales, we are determined to put schools, skills and health at the forefront of our budget priorities. The economy needs a skilled workforce and our young people need skills and work based training.

That was very clear to me when I attended the Barry College hospitality evening for the Pathways to Apprenticeships students who benefit from work-based training in local hotels and restaurants.

They cooked and served a fantastic four-course meal in their Glamorgan Suite for the employers who have taken them on, to give them 'work-based experience' alongside their Barry College studies.

This is replicated across Vale businesses in other sectors from BAMC to Aberthaw.

Young people will lose out from the economic downturn, unless we give them the opportunities, the skills, the training and the funding.

In a statement to the Assembly last week, I said the Welsh Assembly Government accepted the need to reduce the deficit, but if we cut public expenditure too early, we risk jeopardising the economic recovery.

This means that we risk harming those public services like housing and apprenticeships which are vital for the private as well as public sector – but most of all, vital for the educational opportunities, health and well-being of our young people, their families and communities.

I also made it clear that I am driving the 'efficiency and innovation' programme in Wales, to make sure that we have smarter procurement, streamline support functions and catalyse innovation in the way we deliver our services in partnership with local government, the NHS, business, the voluntary sector and the Wales TUC.

The Bear Hotel backs Stepping Stone appeal

THE Bear Hotel in Cowbridge is holding a gala summer ball and auction, hosted by TV and radio star Owen Money, to raise funds for Velindre Cancer Centre's Stepping Stone Appeal.

Julian Hitchcock, the owner of the Bear Hotel, explained: "Nine months ago Huw Evans, the photographer, asked if I would help him raise £1,000,000 for the Stepping Stone Appeal.

"Huw has already persuaded 15 Welsh international rugby captains, and 30 other far less athletic climbers, to climb Mount Kilimanjaro, the world's highest volcano, for the fund."

Huw was inspired to raise funds for the Stepping Stone Appeal, which provides funds for research into lung cancer, after his wife Sue, a non smoker, was diagnosed with it.

Julian said: "I have two events planned. The first on June 18 is a gala summer ball and auction hosted by Owen Money.

There will be champagne and canapes, with a fantastic five-course dinner and dance until 1am.

"We have some excellent items for auction, but all donations will be gratefully received and will be acknowledged on the night.

"The second event is a Celtic Cycle Challenge, commencing in John O'Groat's on July 31. It will travel down to Stranraer, over to Ireland, downhill to Dublin – we hope – back to Holyhead, and then home!

"This challenge will take my team of highly tuned athletes – family and friends equipped with a large quantity of haemorrhoid cream – on a 700-mile trip of mountains, lochs, seas and hills.

"If people want to sponsor us, we are more than happy to wear T-shirts with their name on the ride."

Julian is appealing to tall local residents in the area to help in any way they can.

Auction items are welcome, as is ponsorship or donations.

The donation page is www.justgiving.com/Julian-Hitchcock-Geoff-Graham.

For more information on this worthy cause, please go to www.velindrefundraising.com.

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Cowbridge boy is bound for the Henley Regatta

ABOVE: Monmouth School First VIII. Cowbridge's Tom Brock, fourth from the left.

THE annual National Schools Regatta took place at the National Watersports Centre, Holme Pierrepoint, Nottingham.

It is a massive event with nearly 4,000 competitors competing over three days at age groups from under-14 to under-18 in more than 50 events.

The weather at the lake is notorious and this year was no exception, with rain on and off all day on the Saturday, although mercifully calm, unlike Sunday, when the blustery conditions put continued racing in doubt at one point and made the lane draw critical.

Fortunately for Cowbridge's Tom Brock, he was racing on Saturday in the No 3 seat in Monmouth School's First VII. The event had 22 entries, which meant a time trial was held, with the fastest 12 qualifying for places in two semi-finals.

Exceeding all expectations, Monmouth posted the fastest time and had the choice centre lane draw for their semi. Exhorted by their coach Rob Howe for more of the same, the boys did their vociferous parents proud, winning their semi-final and beating Eton into second place.

With the three top crews in each semi qualifying for the final, Monmouth's confidence was high. Monmouth started well and halfway were holding off a persistent challenge from Eton, and with 500m to go, Monmouth's lead was just eight-tenths of a second.

Every sinew was being stretched, the coxes were screaming for one last push, but it was Eton who had slightly more in the tank and just got away to win gold.

Nevertheless, it was a Herculean effort by the Monmouth lads, whose reward, apart from their silver medals, should now be automatic qualification for the Henley Royal Regatta at the end of the month. **HB**

COFFEE MORNING

THE Mayor and Mayoress of Cowbridge with Llanblethian will be holding a coffee morning in the Mayor's Parlour on Saturday, June 5 in aid of Cowbridge Comprehensive 2010.

Coffee mornings will be held on the first Saturday of each month throughout the year to coincide with the opening days of the museum.

The mayor said: "Janet and I look forward to serving many cups of coffee and tea on these occasions."

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NEWS FROM COWBRIDGE ROTARIANS

Members make donations to three worthy causes

RIGHT: President Colin Jones; Jayne Evans (of Duchenne) and three members of Interact.

LAST Monday saw three presentations and an excellent speaker at Cowbridge Rotary Club.

Geoff Hughes, who worked for 27 years in the Prison Service, gave a witty and very interesting talk on the operation of the service and his experiences, particularly as a prison governor.

The guests had many questions for the speaker, reflecting the high level of interest in Geoff's talk.

He plans to raise £10,000 for Velindre Cancer Care with a walk up Mount Kilimanjaro.

President Colin Jones, presented a cheque for £100 towards his project and also presented a cheque for £300 to Jayne Evans of 'Action Duchenne'.

The sum of £280 was raised by the Cowbridge Interact Club, formed a year ago in the Cowbridge Comprehensive Sixth Form. The money was raised from a sponsored walk up Pen-y-fan in the Brecon Beacons. Three members of the Interact Club attended the meeting; two joint-presidents and the secretary.

Jayne Evans is an aunt of Saul, the local boy, whose case captured the hearts of GEM readers and led to the founding of 'Action Duchenne'.

Duchenne Muscular Dystrophy is a shocking condition which devastates families across the world in their thousands. Most families affected have never even heard of the condition, until they are facing a doctor telling them that their seemingly perfect child has Duchenne.

Usually, children are around the age of five when they are diagnosed, although here in Wales, newborn screening can pick up the condition when a baby is just weeks old. The shock and heartbreak the diagnosis brings is almost beyond description.

Imagine for just a minute being told that your own son, baby brother, nephew or grandchild may appear well, but will actually lose the ability to walk and that he will need a wheelchair before he is 10 years old.

There is currently no treatment, so with the diagnosis comes one certainty: 100 per cent fatality rate. Life expectancy for a child with Duchenne is just late teens early twenties. Duchenne remains the largest genetic child killing condition worldwide

The charity Action Duchenne was set up in 2001 by parents and supporters to change the course of this deadly condition, and finally we are seeing the work of the charity making some very real changes happen.

It is the only UK charity focusing exclusively on Duchenne and its milder variant Beckers. We fund research projects and campaign for better standards of care for those affected.

There are now two clinical trials ongoing here in the UK and several others worldwide, trying out new drugs which aim to at least slow down the rate of muscle wasting which Duchenne brings.

There are other research projects in the pipeline. To date, Action Duchenne has funded nine such projects. It has just invested £1.2 million to further one line of exciting research which we hope to see becoming a very real treatment as quickly as possible.

President Colin presented a certificate to Elspeth Bisson, president of the Interact Club, in recognition of the money raised in February for the Rotary world-wide 'Purple Pinkie' project to eradicate polio.

ABOVE: Colin Jones presents Geoff Hughes with the cheque.

Relationship breakdown – putting your children first

The law dealing with relationship breakdown and children is a gift to family lawyers in that it makes the children the first, only and last consideration. Whatever we advise our clients, we must also focus on what is in the best interests of the children. The problem is that there are usually two parents with completely opposing ideas of what is in the best interests of their children, often both full of love and acting with the best possible intentions. This is where a gifted family lawyer can help parents through fear, distress and anger, encourage them to put themselves in their children's shoes and make decisions that truly ARE in their best interests.

Five things your children will thank you for:

Don't kid yourself
Children learn everything they need to know about relationships from their parents. What does a house filled with tension and resentment teach them? Children don't thank their parents for staying together 'for them'. Two happy homes with fulfilled and committed parents are much better than one miserable one.

...or them
If it's over, be honest. Tell them in an age appropriate way what is going to change and a little bit about why. Involving them, especially if you feel that you can both tell children about the changes together, will take away some of the fear and unsettling feelings. Make sure everything comes with lots and lots of reassurance about how much they are loved by both of you.

Be flexible
Try to keep as much of the old routine in place as possible but make sure that there are settled arrangements for children to be with both parents as soon as practical. Children are remarkably resilient and adapt to all sorts of changes so do not panic.

If one parent isn't turning up to contact sessions, birthday parties or swimming lessons, address it with them yourself or with a solicitor if you feel unable. It may be that it could be easily sorted with some flexibility on both parts. If it gets worse, don't lie to children. Don't be brutal but honesty is kinder than pretence in the long run.

Don't dish the dirt
You might try your hardest not to argue in front of your children but you can guarantee that they will soak up every negative feeling like little sponges. Try to be civil and if you really can't speak to each other use email or agree to use your solicitors to contact each other for a cooling off period.

Remember Mum will always be Mum and Dad will always be Dad. Things get very complicated for children if they feel conflicted in loving one parent when the other says that he or she is a bad person.

Accept you are going to be in each other's lives as parents. Full stop.
As soon as parents get their heads around this, everything becomes easier. You might not love each other and you might not agree on much but you both still love and want the best for your children.

A good children law specialist ultimately will help parents realise that the best people to make decisions about children is their parents.

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Kathryn.McTaggart@family-lawfirm.co.uk
Kathryn offers a free half hour consultation. Find out more by visiting
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Vale councillors' allowances fall just short of £1 million

THE total allowances paid to Vale councillors in the period from April 1, 2009, to March 31, 2010, show that the total paid out is £947,087.

The table reproduced below details the payments made, and the columns show the basic allowance paid to councillors, the payments made for 'special responsibilies' and any claims made for expenses incurred on council business.

The figures show that all the councillors have claimed the basic amount, £13,356, the sole exception being Coun Gwyn John of Llantwit Major, who declined to take this year's annual increase.

The biggest special responsibility payment goes, as usual, to the council leader, who receives £35,462, taking his total salary to £48, 818. Coun Kemp did not draw any expenses, and this was true of 26 other councillors.

The second-biggest special responsibility payment went to Coun Hunter Jarvie, the deputy leader, who received £19,505, plus his basic allowance.

The other cabinet members on the Vale Council, Couns Jeff James, Janice Charles, Paul Church, Geoff Cox, Anthony Ernest, Tony Hampton, Rhodri Traherne, and Dorothy Turner, all received £17,731, plus theur basic allowance.

As far as expenses are concerned, two councillors claimed more than £1,000. They were Coun Anthony Ernest (£1,450) and Coun Audrey Preston (£1,308).

Vale of Glamorgan Council Members' Allowances paid in 2009/2010 for period: 01.04.2009 to 31.03.2010

List of Members	Basic Allowance	Responsibility Allowance	Other Expenses	Total
Alexander, M (Mrs)	£13,356.00			£13,356.00
Bagstaff, S (Mrs)	£13,356.00			£13,356.00
Bertin, R	£13,356.00			£13,356.00
Birch, MEJ (Mrs)	£13,356.00			£13,356.00
Bird, J	£13,356.00	£7,091.00	£471.60	£20,918.60
Brooks, B (Mrs)	£13,356.00			£13,356.00
Charles, J (Mrs)	£13,356.00	£17,731.00	£115.60	£31,202.60
Church, P	£13,356.00	£17,731.00	£786.90	£31,873.90
Clifford, J	£13,356.00	£10,637.00	£676.80	£24,669.80
Cox, GA	£13,356.00	£17,731.00	£788.30	£31,875.30
Curtis, RF	£13,356.00			£13,356.00
Drake, P (Ms)	£13,356.00			£13,356.00
Egan, S	£13,356.00			£13,356.00
Ellis, V (Mrs)	£13,356.00	£2,182.48		£15,538.48
Elmore, C	£13,356.00			£13,356.00
Ernest, AM	£13,356.00	£17,731.00	£1,450.00	£32,537.00
Fraser, J	£13,356.00	£10,637.00	£108.40	£24,101.40
Hacker, E	£13,356.00		£598.40	£13,954.40
Hampton, A	£13,356.00	£17,731.00	£877.20	£31,964.20
Hartrey, V (Mrs)	£13,356.00		£113.60	£13,469.60
Hatton, K	£13,356.00			£13,356.00
Hodges, NP	£13,356.00	£3,547.00		£16,903.00
James, HJW	£13,356.00	£17,731.00	£944.90	£32,031.90
Jarvie, TH	£13,356.00	£19,505.00	£579.60	£33,440.60
John, G	£13,030.00			£13,030.00
Johnson, FT	£13,356.00			£13,356.00
Kelly Owen, M (Mrs)	£13,356.00	£6,271.00		£19,627.00
Kemp, G	£13,356.00	£35,462.00		£48,818.00
Kemp, K (Mrs)	£13,356.00			£13,356.00
Moore, AJ (Mrs)	£13,356.00			£13,356.00
Moore, N	£13,356.00	£10,637.00		£23,993.00
Osborne, CL	£13,356.00	£819.67	£408.00	£14,583.67
Preston, A (Mrs)	£13,356.00	£6,517.00	£1,308.40	£21,181.40
Randall, M (Mrs)	£13,356.00			£13,356.00
Sharpe, S (Mrs)	£13,356.00			£13,356.00
Thomas, J	£13,356.00	£10,637.00		£23,993.00
Thomas, R	£13,356.00		£558.00	£13,914.00
Traherne, R	£13,356.00	£17,731.00	£105.60	£31,192.60
Turner, D (Mrs)	£13,356.00	£17,731.00	£98.80	£31,185.80
Wiliam, S	£13,356.00			£13,356.00
Wilkinson, M (Mrs)	£13,356.00	£10,637.00		£23,993.00
Williams, CJ	£13,356.00	£10,637.00	£219.20	£24,212.20
Williams, Clive A	£13,356.00	£7,091.00	£68.80	£20,515.80
Williams, ET	£13,356.00	£4,486.25		£17,842.25
Williams, S (Ms)	£13,356.00	£10,637.00		£23,993.00
Wilson, M	£13,356.00			£13,356.00
Wright, M (Ms)	£13,356.00		£123.60	£13,479.60
TOTAL	**£627,406.00**	**£309,279.40**	**£10,401.70**	**£947,087.10**

Council say 'no' to Best Kept Village competition

THE Llantwit Major Town Council has declined to give any financial support to the Vale of Glamorgan Best Kept Village competition.

The council received a letter from the organisers seeking support as money is needed to award prizes to the winners.

The letter points out that the competition is relevant to towns as well as villages, as schools enter the children's competition.

Last year, St Illtyd's Primary School came fourth out of 12 entrants at primary school level and the organisers hope more Llantwit Major schools will enter this year.

The Vale-wide competition is popular with schools because it fits in with the school curriculum and gives them an incentive to get planting!

Its accounts show that it does get grants from towns in the Vale, including Cowbridge, which also has a representative on the committee.

Coun Eric Hacker said that the council had not donated for many years:"I cannot blame the council, because we are a town and not a village, but we do have schools that enter the competition. It would be a good investment," he insisted.

He was unable to vote as he is involved with the organisation, but Coun Anita James moved that the council donate £50. This proposal was not seconded.

Coun Russell Downe said that the town council already organised its own competition for school gardens and giving money for the Vale Best Kept Village competition would double up on that.

"We already spend our money on our own scheme," he added.

Barry Island pupils ask: 'Who was Nell?'

ABOVE: 5 to 7 group winners.. BELOW: 7-11 group winners.

A SPECIAL assembly was held recently at Barry Island Primary School to present certificates and prizes to the winners of a competition sponsored by Nell's Point, the local station of the National Coastwatch Institution.

The competition organiser, roster officer Neil Brown, praised the imagination and creativity of the children, who were set the task of explaining why Nell's Point is so called.

Entries included paintings, models and creative stories and the station manager, Peter Woollacott, was on hand to present the prizes to the winners.

He too was struck by the children's imagination, and was pleased to recognise another development in the growing partnership between the school and his station.

On June 10-11, the school will be holding an exhibition at the station and this will be followed on July 25 by the annual open day of Nell's Point.

The winners were as follows: 5 to 7 age group, 1st, Tom Waters; 2nd, Isabella Edward; Joint 3rd, Morgan Dancey and Samuel Powell. The 7 to 11 age group, 1st, Louie Raven; 2nd, Morgan Edwards; Joint 3rd, Antony Hellinger and Kate Roberts.

NB

Up the garden path for charity

A group of Barry residents are opening their gardens to the public, as part of the National Gardens Scheme.

Dave Bryant's garden at 47 Aneurin Road, is a small green space with a 'pets corner' of plants named after animals in an ever-changing garden with more than 600 plants.

Dave entered the Barry Gardens in Bloom competition and came second last year.

Deborah Palmer's garden at 11 Arno Road is a plant-lovers' garden with a pond, a rock garden, alpine sinks, a fernery and many herbaceous plants and shrubs, and has recently been filmed by HTV for a series to be shown later in the year. There will be plants for sale and teas.

1 North Walk usually opens, but due to unforeseen circumstances will not be open in June, and hopes to open on August 1.

Proceeds are in aid of cancer charities and other worthy causes.

Vale Probus Club trip 'sees that west is best!'

MEMBERS and partners of the Vale Probus Club are shown (LEFT) at the finish of a Ladies Day excursion to west Wales recently, at the behest of this year's chairman, John Meredith, who was delighted to be able show off his home turf!

A coffee stop at Cwmcerrig Farm, near Cross Hands, lunch in Narberth and then a tour of Picton Castle and gardens in the afternoon were enjoyed by all. The day finished with a lively meal, courtesy of the Trio Brasserie.

In its 12 years' existence, the club (which currently has 45 members) has a regular programme of monthly meetings and occasional visits.

A trip to Flat Holm in the summer and the National Museum of Contemporary Industry in early autumn are already arranged.

Visitors and guests are always welcome at the meetings in the Duke of Wellington, Cowbridge, on the last Tuesday of every month.

AF

Surgeon's formidable challenge is Tour de France Alpine ascent

A CONSULTANT surgeon at the Princess of Wales Hospital, Bridgend, is tackling a mammoth cycling challenge to raise cash for the children's hospice, Ty Hafan.

In fact, it is very much a case of one thing leading to another, because last year he had his first outing in the saddle, when he cycled fom London to Paris for charity.

Richard told The GEM: "I enjoyed that ride so much, and it proved to be a great way of keeping fit, so this year I aimed a bit higher."

To be precise, that would about 1,200 metres higher, because this time he is to cycle from London to Geneva, and one day features a lung-bursting ascent that has featured in the Tour de France.

LEFT: *Surgeon Richard Hedges at work and* ***(RIGHT)*** *in training for his cycling challenge.*

He has to cross the Jura mountain range to reach his Swiss destination, with a clinb of 1,232 metres to be conquered.

Richard Hedges joined the Princess of Wales 18 years ago, and specialises in arterial surgery.

After seeing the effect of an unhealthy lifestyle first hand in the operating theatre, he has always kept reasonably fit.

He has remained in trim by surfing, and is an active member of the Southerndown Surf Life Saving Club.

However, the cycling tests have made new demands on him. He said: "When I did the first ride, I was nervous – in case all the other riders were experts, but in the end I was safely in the pack of 21 who cycled to Paris."

This year's ride has that major difference – the ascent in the Alps. Richard is doing his best to prepare, and is a regular sight on the Bwlch mountain road – which, unfortunately, is not quite as high as the Alps.

He said; "I really can recommend cycling as a great form of exercise, and it is great to be able to do something to help Ty Hafan.

"Its work is invaluable and I am keen to raise as much sponsorship as possible."

To sponsor Richard Hedges, visit the online fundraising page on www.justgiving.com/richard-hedges

Payment can be made by credit card or debit card.

The money will go directly to Ty Hafan.

Paula shows troops that 'Orchard' cares!

PAULA CHAMP, a worker at Orchard House residential home, Colcot Road, Barry, recently decided to send gift boxes to British troops in Afghanistan.

To her "amazement", she was soon up to 50 boxes – and the home threw a celebration party when the total reached 100 last weekend.

Paula said she wanted to thank the management, staff, residents, residents' families and all who took part in filling the boxes.

She has received letters from the troops, thanking the people of Orchard House for caring, and for making their service there more bearable.

ABOVE: Paula Champ (in uniform) with Betty Pratt (front) and back left, Myra Walters and Mavis Wood.

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Festive recall as local schools collect their card recycling prizes

Ysgol Erw'r Delyn wins top spot in the special school category.

ABOVE: Secondary winner Jack Powell from Stanwell Comprehensive.

ABOVE: Special school champ Jamie Gordon with Couns Cox and Hampton and acting head teacher Lynda Gyton.

THE winners of the Vale Council's popular Christmas card recycling project were announced this week.

Topping the primary school category for the third year was St Joseph's Roman Catholic Primary School in Penarth; while St Richard Gwyn Roman Catholic High School also returned as winners in the secondary school category.

Ysgol Erw'r Delyn held on to the title of special school winner – and also doubled the number of cards collected compared to last year with a massive 46,000 – an average of 834 per pupil!

In the individual categories, Jack Powell from Stanwell Comprehensive School scooped the secondary school card champion's prize.

Jamie Gordon from Ysgol Erw'r Delyn again won the top special school pupil accolade with an astonishing 39,200 cards – more than double the amount he collected last year.

Georgia Lees from Holton Primary School stopped counting her cards when she reached 36,000 to again win the top primary slot.

This year, a special merit award was also given to Josh Hurley from Ashgrove School for his 37,000 card total.

Georgia Lees from Holton wins primary spot with 36,000 cards.

Llandough fete promises lots of fun!

LLANDOUGH Community Council and local organisations will be holding their annual village fete on Saturday, June 12, from 2pm in King George V Memorial Playing Fields, off Leckwith Road.

The afternoon will include attractions for all the family, featuring music from the Dinas Powys Ecumenical Seven; magic and balloons from Mr T-Ricks; a display from the Desert Divas Belly Dancers; free classic bus rides; classic bikes; steam train demonstration; pet competition; children's races; a petanque demonstration; fire engine and music/dancing from the Llandough Primary School.

A wide range of stalls will be available, with refreshments in the marquee.

NEWS FROM BARRY COMPREHENSIVE SCHOOL

PUPILS' CILT CYMRU LANGUAGE AWARD

Some of the winners with Miss Evans, Kristina Hedges (Cilt Cymru) and Laurie Foucherand.

RECENTLY, Miss Evans and Laurie Foucherand (the French assistant) accompanied a group of year-10 and 11 students to the CILT Cymru awards ceremony at the Optic Technium centre in St Asaph, north Wales.

A spokesperson reports: The pupils had reached the finals of their category and the runners-up and the winners were invited. Unfortunately, not all students were able to attend.

To gain the award, pupils produced a timeline and DVD, a calendar and a photo filled power point presentation. The ceremony was organised by the British Council (Wales) and CILT Cymru.

Miss Evans, Laurie and the pupils were "thrilled" to hear that they had won the CILT Cymru 'Get to know your Language Assistant' award. The winners were Caelum Davies, Chris Jones, George Scott and Liam Hodges (time-line and DVD), Ieuan Thomas, Sam Rimell (Calendar) and Alex Johns, Drew Simpson, Scott Nelson, Ian Crapnell (power point)

During the day, pupils learnt some Polish and German and they also did some salsa dancing and Tai Chi. The long journey had been worthwhile and Miss Evans and the languages faculty are extremely proud of the students.

Penarth fundraising event will help save children's sight...

ABOVE:
Rita Rees of Barclays Bank Penarth with Ken Jones of Penarth 41 Club, receiving his raffle prize from Bill Christensen and Ann Marie Ablett, volunteer nurse and ORBIS Ambassador.

RIGHT:
Ann Marie, with Bill, receiving a cheque from Dave Wiltshire, president of Dinas Powys Rotary Club.

RITA REES, an employee of Barclays Bank in Penarth, recently took part in a charity function at the Sea-Shore Grill & Café Bar in Swanbridge.

More than £1,700 was raised for ORBIS UK, the charity with a flying eye hospital which provides sight-saving operations and medication to young children with cataracts, trachoma, glaucoma and eye disease, together with special training for medical professionals.

Barclays then matched the funds raised under the employee £ for £ scheme.

Cathy Brown, community manager, said: "At Barclays, we are committed to communities and we are delighted to be able to achieve something which we hope will make a real and lasting difference."

The funds raised will enable the volunteers at 'ORBIS' to carry out 3,000 cataract operations, or treat 10,000 children with antibiotics.

If the children are not treated by the time they reach six years of age, they will often become permanently blind.

Bill Christensen of Dinas Powys Rotary Club, vice-chairman of Penarth 41 Club and fund raiser for 'ORBIS' said he was "absolutely delighted with the result, which will help save the sight of thousands of babies and young children."

Bill is "extremely grateful" and thanks Barclays Bank, Penarth 41 Club, Dinas Powys Rotary and Waterstones Books for their support, not forgetting the rest of his friends and guests, who experienced an entertaining and enjoyable evening.

He also praised generous donations from Pietro of the Manor House, and Gordon Hadfield owner of the Seashore Grill and his staff for their hospitality. Excellent entertainment for the evening was provided by the band of Tony Morley and his 'Little Giants'

Further information on ORBIS can be obtained from their website www.orbis.org.uk

Bafta glory!

Local costume designer scoops a top award

A COWBRIDGE woman, Ffion Elinor, is celebrating after scooping the prestigious BAFTA Cymru 2010 prize for 'Best Costume Design'.

She beat off tough competition to win the award for S4C's *Ar Y Tracs* film which was written by, and starred, *Gavin and Stacey* actress Ruth Jones.

However, Ffion is no stranger to the glitz and glamour of the showbiz world, having worked in the industry for many years, designing costumes on feature films for such Hollywood royalty as Wesley Snipes, David Schwimmer, Colin Firth and Naomi Watts.

Although she won a BAFTA for *Hearts of Gold* in 2003, winning this award was a personal triumph, as *Ar Y Tracs* was her first foray back into film and television work since taking three years out to raise her two young children - Mali (five) and Wil (two) – and to marry her long-term partner Leigh Jones. Ffion said: "I was as surprised as anyone else when my name was called out. I had to double take, but it's a great honour as the winners are chosen by fellow industry professionals.

"Working with Ruth Jones was great fun and to win this award is the icing on the cake.

"I had a stunning bouquet from Ruth and her husband David the following day, which was very touching.

"Having made the decision to take a career break to raise my family, I was nervous about going back into work, but to come back after three years and to win a BAFTA, is a real boost to my confidence.

"Raising a family is a tough job, but the rewards are incredible and, in a similar vein, working in the film and television business has its challenges.

"Winning this BAFTA feels like real recognition for the hard work and it at least gives me something new to polish on the mantelpiece!"

New community bus for the Vale

A new community transport service for the Vale is being launched on Friday at Dyffryn Gardens.

The Greenlinks Community Transport Service offers a 13-seat mini bus which has been adapted for wheelchair users. It is available for use by all residents and community groups in the rural Vale.

Users could vary from an individual needing to attend an appointment, a junior football team needing transport to an away game or an arts group going to an exhibition.

The project has been funded by the Rural Development Plan for Wales which in turn is funded by the Welsh Assembly Government and the European Agricultural Fund for Rural Development. It is administered by Creative Rural Communities.

At last! A new lease of life for the Pumphouse

NEWS that one of Barry's most familiar landmark buildings will be renovated at a cost of £1million has been welcomed by local campaigners, but they are keen to know what it will house.

ABOVE: The Pumphouse is in line for a £1million external renovation.

The Vale Council has announced that the Pumphouse will be restored by John Weaver (Contractors) Ltd and will be overseen by conservation architects Acanthus Holden Architects.

A council spokeswoman said: "It will undergo a £1 million external restoration to ensure the building is saved as an important part of Barry and Wales' industrial heritage. The project is being funded by the Vale Council and Welsh Assembly Government."

Listed by CADW as one of the few hydraulic pumphouses remaining in Wales, the Pumphouse formed part of Barry's dock complex and remains an important local landmark, with its imposing 42 metre chimney.

Built during the 1880s it provided hydraulic power to operate coal drops, lock gates, swing bridges and other equipment around the docks.

The building comprises two parts, the north and south ranges. When operating a century ago the north range would have contained workshops and hydraulic controls.

The south range would have contained boilers and steam-powered engines. Completion of the restoration works contract is scheduled for the Spring of 2011. In tandem with saving the historic property the council will be marketing the Pumphouse for a use that will benefit the area economically.

Campaigners were quick to focus on the building's final purpose.

Paul Haley of Pride in Barry said: "The Pumphouse is an iconic building and needs to be the centrepiece of the Waterfront heritage, which needs to be able to tell the story of the former Barry Docks.

"I note that this announcement is for 'external restoration' and wonder therefore what further monies will be necessary for internal restoration to make it attractive to the market."

Dilys Colbourne of Barry Citizens' Action Group said she favoured the building being a heritage centre.

"It should be a multi-purpose venue with a heritage centre which details the local history including our maritime past, a gift shop which should showcase the work of local Welsh artists, a cafe and the opportunity to hire bicycles.

"Its location, near to the heritage railway and Barry Island, would stimulate tourism.

"We need an indoor attraction for visitors to go to when there is bad weather," she added.

AM welcomes safety crossing

REGIONAL AM Chris Franks has inspected safety work near the Gladstone Road Bridge site in Barry.

A pedestrian crossing is being built near the Morrisons supermarket at the Waterfront.

The former Vale councillor said: "I am delighted that work is underway after all the pressure from local residents and from Plaid Councillors Barry Shaw and Caroline Turner. It is absolutely essential that we make walking to shops safer and more convenient.

"The provision of a controlled crossing dramatically improves the safety, especially for young people and people with walking difficulties. It can also make life easier for motorists.

"It is good to see we have started to make progress at this location."

Tim's Towcester double

While Aberthin National Hunt trainer Tim Vaughan, his wife Abbi and two children Edward and Grace, were spending the Bank Holiday Monday at the Countryside Alliance Point-To-Point Steeplechases at Bonvilston, his stable jockey Richard Johnson was at Towcester, where he landed an 8-1 double for Tim with Baren De Roc and Ruby Isabel.

Llancarfan's Evan Williams also had a Bank Holiday winner at Cartmel, where his *Simarian*, partnered by stable jockey Paul Moloney, landed the Bet Totesport Beginners' Chase.

Brian Lee

ST JOHN CONCERT

THE St John's Council in the Vale presents Mid-summer Music, featuring the South Wales Police Band at 7pm on Thursday, June 10, in Dyffryn Gardens, St Nicholas.

For tickets, contact Basil Watkins on 01446 774448. Proceeds are in aid of St John Ambulance in the Vale.

Roadworks report

Plassey Street, junctions with Glebe Street, Ludlow Lane, Ludlow Street, Arcott Street an Windsor Road, Penarth – carriageway width restrictions.

Pontypridd Street, junction with Mount Pleasant, Barry – footway restriction in place.

Gladstone Road Bridge to the Barry Waterfront – traffic management.

Coffee morning

AGE CONCERN'S Western Vale Good Neighbour Scheme is holding a coffee morning on Thursday, June 10 at the Llantonian Hall, Boverton Road, Llantwit Major, from 10am-12pm.

Admission is £1.50 and includes coffee, tea and biscuits – plus top-ups. There will be a variety of stalls – home-made cakes, tombola, bric a brac, plants and a raffle. Proceeds will go towards the good neighbour scheme.

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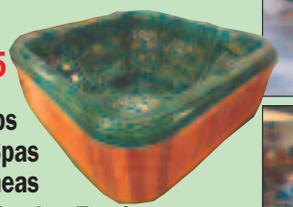

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ADVERTISEMENT FEATURE

National Glaucoma Awareness Week

JUNE 7-13, 2010

'50 PER CENT NOT AWARE OF THEIR CONDITION'

ONLY AN EYE TEST CAN DETECT GLAUCOMA...

IT is estimated that at least one in 50 people aged over 40 are at risk of having glaucoma, which is one of the leading causes of preventable blindness in the UK today.

A spokesman for National Glaucoma Awareness Week, running this year from June 7-13, explained: "The shocking reality is that 50 per cent of people with glaucoma are currently unaware of their condition.

"In other words, potentially 250,000 people in Wales and England could easily be losing their sight at this moment because, in most cases, glaucoma has no symptoms in its early stages!"

One staggering statistic is that over the next 10 years, the number of people registered blind or partially-sighted because of glaucoma, will increase by about 25 per cent.

The spokesman pointed out: "Unfortunately, this figure doesn't take into account all the individuals whose everyday life will also be affected by the condition but will not be registered."

National Glaucoma Awareness Week hopes to get two messages across – '*we are all at risk*' and '*detection is the key*'.

Some people are at increased risk, such as people over the age of 40, those with a family history of the condition, or people suffering from short sight, or diabetes. People who are of African–Caribbean origin could also be at increased risk.

The spokesman said: "During the awareness week, our aim is to encourage everyone over the age of 40 to have a regular – once every two years – eye test that includes all three glaucoma tests: ophthalmoscopy, tonometry and perimetry.

"They should do this, whether or not they believe there is anything wrong with their vision."

The CEO of the International Glaucoma Association, David Wright, added: "A comprehensive eye test for glaucoma is painless, quick and amazingly good value for money, when compared with the consequences of losing your vision.

"The eyes may or may not be the windows to the soul, but they are certainly a very important window through which only a skilled eye examiner can see a wide range of important things to the benefit of the individual and society as a whole."

Glaucoma affects two per cent of the population over the age of 40, and accounts for 13-14 per cent of the people on the blind register in Wales and England.

Contact www.glaucoma-association.com

Glaucoma support

THE Princess of Wales Hospital Glaucoma Patient Support Group's next meeting will be held on Wednesday, June 23, from 2pm-4pm.

It will be held at the Residents' Community Hall, Princess of Wales Hospital.

There will be a discussion of DVLA standards; a film of a trabeculectomy operation; and a talk about the RNIB national sibling awareness project.

Everyone is welcome and refreshments will be provided.

Jones & Jones have dedicated glaucoma diagnostic clinics

CHRONIC glaucoma affects two per cent of the population over the age of 40, increasing to eight to 10 per cent over the age of 75.

A spokesman from Jones & Jones Optometrists explained: "There are about 500,000 people in Wales and England with glaucoma, and about 70 million worldwide.

"It is estimated that up to 50 per cent of people with glaucoma are undiagnosed. There are no symptoms until extensive irrevocable damage has occurred.

"Early diagnosis and treatment are essential in preventing irreversible vision loss."

To increase your chance of being diagnosed early, you should visit your optometrist at least every two years – or more frequently if you have a relative with first degree glaucoma.

There are three tests, and for some patients it may be available on the NHS; for others, there will a charge".

If you are concerned about the possibility of glaucoma, Jones & Jones Optometrists on High Street, Barry have dedicated glaucoma diagnostic and management clinics.

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Expert caring advice offered

RIGHT: Head of the caring department Myra Thomas, students Lisa Watt, vice-principal Kay Martin, student Michelle Jones, and Care Council for Wales student funding manager Delor Brown.

BARRY College has held the first of a series of events offering advice to people interested in a career in the care industry.

It included industry representatives, such as sector skills council the Care Council for Wales, as well as City & Guilds and the WJEC.

Wales Council for Care Student Funding manager, Delor Brown, said: "Events such as these give us a chance to make young people aware of the opportunities available in the Social Care sector, and what qualifications are needed.

WE welcome your news, views and sports items. Please email them to: **ggem@internet-today.co.uk**

Shed break-ins prompt Llantwit police warning

POLICE have warned householders in Llantwit Major to be vigilant, following a spate of break-ins at sheds and garages in the area.

PC Colin Malone told Llantwit Major Town Council that this was a summertime crime when thieves try to break in and steal gardening equipment which they can sell on.

He said that everyone should ensure that their sheds and garages are kept locked and that equipment should not be left lying around outside in the garden.

• An incident had taken place in Llantwit Major in the early hours of a week last Saturday, following the rugby club dinner.

He said that some members of the club were involved, but declined to give further details. He said that the incident was currently under investigation.

• PC Malone told the council that a cannabis factory had been discovered in Llantwit. A rented house was re-possessed and the cannabis was discovered.

He said that police were trying to discover the identity of the tenants who had rented the house.

• The recent fine weather has resulted in some incidents taking place at the beach in Llantwit and officers were paying attention to that area.

• He said that over the past month there have been 26 crimes, of which 13 were detected.

Future of new beach path is still uncertain

THE future of the new path to Llantwit beach is still uncertain.

Llantwit Major Town Council heard that no further information was available about whether or not funding was being provided by the Vale Council for this project.

Funding from the Welsh Assembly Government was lost because the Vale Council was unable to progress the scheme during the last financial year and WAG was unwilling to carry the money over.

Members heard from Coun Gwyn John at their last meeting that the scrutiny committee had recommended that the Vale Council meet the cost itself from its own resources if WAG will not change its mind. The issue was due to be discussed by the Vale cabinet. Coun Bob Gant queried what was happening at this month's meeting of the town council: "We were told verbally that all issues had been resolved but we have not had that confirmed in writing."

Coun John replied that there was not much to add: "I contacted the council leader after we heard that the Welsh Assembly Government would not carry the money over," he said.

"Coun Kemp stated that he would be asking officers for a full report. That report did not go to cabinet last week, but I do not know if it going to the next cabinet meeting. There are a number of issues that have not been addressed."

Coun Gant said that the town council needs to move this matter along. "We are going around in circles. We should write to the chief executive."

Coun John said that the council should do that and refer to the scrutiny decision in the letter. "We are slowly losing our patience. Although we understand that WAG is not extending the grant, we have still not had that confirmed officially.

"What action does the Vale Council intend to take in view of their failure to deliver this footpath in the appropriate time scale? The onus must be on them.

"We need answers. It's as simple as that. It's nearly three months since that scrutiny meeting. We should ask for a reply within 10 days."

NEWS FROM PENARTH AND DISTRICT RAMBLERS

Hot foot from Blaen Taff Fawr – all the way up to Pen y Fan

On what turned out to be the hottest weekend so far this year, Val was joined by five walkers for the journey up to Pont ar Daf in the Brecon Beacons, where the car park was already very full.

Their aim was a slow amble up Pen y Fan. Two of the group had not climbed this mountain before.

Setting off across the Blaen Taff Fawr River that helps to feed the Beacons reservoir, they began to climb up what is commonly known as the 'tourist route'; passing a plaque near the bottom that informs walkers the Brecon Beacons were given to the National Trust by the Eagle Star Insurance Company in 1965.

The main track was already like the M4, with people wanting to get out and relax in the hot weather, have some exercise and enjoy the views. The National Trust work very hard in an attempt to combat the vast erosion from the thousands of feet that walk the mountain pathways each year.

Climbing gradually under hot sunshine the group ambled up the stony track, glad of the time to enjoy the panorama of the surrounding views. At the top, despite the heat, visibility was very clear and there was time to stop, point out and name the surrounding mountains for those who were new to the area.

Then they scrambled up Corn Du, which at a height of 873-metres is the second highest peak in the Beacons and its flat, anvil-shaped top is marked by a stone cairn. Having enjoyed the views, it was time to cross the saddle and climb the short distance up onto Pen y Fan.

Pen y Fan, meaning top peak or head of the place, standing at 886-metres (2,907-feet) above sea level is the highest peak in south Wales. The twin peaks of Pen y Fan and Corn Du were referred to as Cadair Arthur – or Arthur's Chair and their outline against the skyline gives the impression of a saddle.

On the flat broad summit, there were dozens of people and also families with young children – proving you are never too young or old to enjoy a mountain.

Reaching a checkpoint marked by a coloured sail, they found that money was being raised for the Help for Heroes charity, which gives help and support to wounded soldiers.

Val offered to go around the people with a collection box for voluntary donations and raised almost £30, which was most gratefully received.

Having reached the top, they took time for lunch before the descent during which they passed many weary entrants for the charity race that involved three climbs up the mountainside, but in that heat it must have been exhausting and they should be congratulated.

On June 5, meet at 10am at the Barry Waterfront for an eight-mile moderate walk at Peterston and Pendoylan; contact Rachel on 01446 410545.

On June 6, meet at 9.30am at the Barry Waterfront for a nine-mile moderate/hard walk at Llangynwyd and Mynydd Margam; contact Janet/John on 01446 418514.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, contact the walk leader for advice.

For other groups' walks log onto www.ramblers.org.uk" www.ramblers.org.uk

Rucksack badges, programmes and membership advice can be obtained from Pam on 029 2021 9102.

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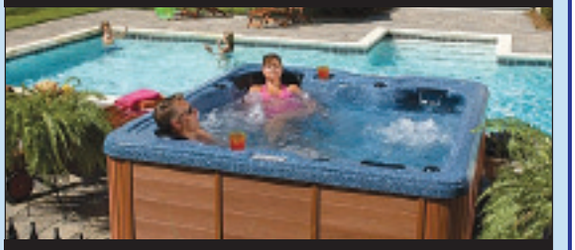

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Walkers welcome AM for Vale festival stroll

ABOVE and BELOW: Walking groups were out and about in the Vale on festival day.

MORE than 300 walkers took part in the first ever Vale of Glamorgan Festival on the weekend of May 14–16, completing walks from a stroll to 11 miles in every corner of the county.

Walkers were drawn from the Vale, neighbouring counties, England, and overseas.

A supporter of Valeways over the past 11 years, Vale AM Jane Hutt, said the festival was clearly "a great success!"

Having taken part in the Michaelston Way Walk on Saturday afternoon, the Vale AM said all the ingredients were there to make this a major attraction in the annual calendar of successful festivals in Wales.

She said: "The Michaelston Way walk took us through the fields of Dinas Powys to the village church of Michaelston-le-pit, passing through Casehill Wood and past Cwm George. Led by experienced Valeways leaders, we enjoyed the walk, the views, the conversation as well as the weather.

" I will be writing to my ministerial colleagues in the Welsh Assembly Government about the festival, to praise the organisers for this great new event.

"It brings visitors to Wales, provides business for local guest houses and hotels and gives local people the chance to enjoy well-planned walks over a weekend."

Gareth Simpson, of Valeways, said: "We are incredibly pleased with the number of walkers who took part and our thanks must go to the many volunteers who came together to make this happen.

"Without the support of volunteers from Valeways, Vale of Glamorgan Ramblers, Barbara Palmer and walks provided by Porthkerry and Cosmeston Country Parks and Dyffryn Gardens the festival would not have been possible.

"A live music event was arranged on the Saturday at the Edmondes Arms in Cowbridge, with a great set from Paul Cottrell, Natty German and friends.

"Our thanks also to the Vale Council for backing the event and we hope to build on this next year."

Walking in Elgar's footsteps

A TOTAL of 21 members of the Vale of Glamorgan Ramblers recently went on the spring walking weekend to Malvern.

Malvern is a famous spa known for its bottled water since 1622 at the Holy Well, and later from other spouts and sources, many of which we passed on our walk. During Victorian times, it became famous for its water cures.

On Saturday morning, the group met in the middle of the town, passing the 11th Century priory, Elgar's Statue, and two wells before making our way up onto the ridgeway, where we stopped for a well earned rest, having passed more 'dressed' wells on our way up.

The walk in the morning followed the western side of the hills, and had clear views over towards Worcestershire and Herefordshire.

Lunch was taken among the trees on Jubilee Hill, so named to celebrate the Golden Jubilee of 2002. From this vantage point, we could see many hills that were familiar to us, as we were looking towards the Black Mountains. After lunch, we began to make our way down the zig zag path on the eastern side of the hills.

This path brought us to The Holy Well, which is the largest of the wells, and is still producing bottled water. This well was dressed beautifully, and it was also a spot where many of us filled our water bottles.

Making our way back to Great Malvern, stopping at St Anne's Well, we were able to stop and have a much needed cup of tea in this beautiful setting before making our way back into the town.

Sunday's walk started at the British Camp car park. British Camp is an Iron Age hill fort at the top of the Hereford Beacon.

This seems to be a popular place for walkers and cyclists, as when we arrived early morning, the car park was already beginning to fill up.

This walk took in the southerly hills, and was more leisurely. After a coffee stop at the quarry, we made our way to the Eastnor Estate, passing along the way an obelisk that was erected in memory of the family who build Eastnor Estate.

The views across the park were beautiful and while having lunch, we were able to observe the deer in the distance, and watch the antics of the ducks in the lake.

Making our way back along the ridgeway, passing through the woods where the bluebells were in bloom, we eventually made our way back to the car park, which is opposite a busy hotel, where we could end our walk with a well earned drink (alcoholic, or non alcoholic) depending on the person.

It's always sad when people start to leave to come home, as everyone enjoys the weekend, but never mind, there is the one in autumn to look forward to, which will be in Devon. **GF**

Who has lost a ginger tom cat?

A Barry woman who found an injured cat on Lydstep Road on Tuesday evening at 10.30pm, is hoping to track down the owner.

Marilyn Brown said: "The cat is a ginger tom, quite small with short hair.

"It looked as if he had been run over. The police helped me to take him to the vet's in Bridgend where he has been receiving treatment."

If anyone believes the cat belongs to them they can contact Marilyn on 01446 747786.

FREE DOG HEALTH CHECKS

LOCAL dog owners are being invited to bring their pet along for a free PDSA Petcheck, as part of veterinary charity PDSA's annual UK-wide PetCheck tour.

A PDSA PetCheck vehicle will be at the following locations this month: June 9, Porthkerry Country Park, Barry – 10am-5pm; June 10, Victoria Park, Victoria Park Road, Barry – 10am-5pm; June 11, Buttrills Community Hall, North Walk, Barry – 10am-5pm; June 12, Cosmeston Lakes and Country Park, Lavernock Road, Penarth – 10am-5pm; June 13, Penarth Leisure Centre, Andrew Road, Penarth – 10am-4pm.

An on-board veterinary nurse will examine the weight, body shape, teeth, eyes, coat and general fitness of dogs.

Young farmers clubs get together at local college

RIGHT: Wick YFC's entry was Shirley Bassey.

THE Glamorgan Federation of Young Farmers Clubs County Rally took place recently at Pencoed College.

There were performances from Maendy YFC choir 'No Men Allowed' , and from Wick YFC's 'The dusbin men'.

One competition asked the juniors to dress up a senior member as a Welsh celebrity or character. Wick chose Shirley Bassey and Maendy went for Fireman Sam who, with her two male 'dressers' will represent the county at the Royal Welsh Show.

LEFT: Maendy's Fireman Sam was the winner!

Photographs by Heather March

Water polo girl picked for Welsh elite squad

A PENCOED girl has been talent spotted for the Welsh water polo team, after going to an after-school club.

Emily Smith, a year-7 student from Pencoed Comprehensive School, has been selected to join the Welsh junior water polo squad, the 'Welsh Wanderers'.

Emily, who was taking part in 5x60 water polo, was spotted by the Welsh coach.

Chloe Lambert, Active Young People officer said: "This is an outstanding achievement for her and a great step up from recreational play with 5x60 and her local team, through to representing her country in her age group.

"Emily now trains in the new Olympic pool in Cardiff Bay alongside the Welsh water polo squad and is trained by the Great Britain Olympic coach."

Emily said: "I am so happy I have been selected. I was so shocked when I was asked. The training is a lot harder but I am enjoying it and I can not wait to play a game."

Chloe Lambert said: "Emily is a very active pupil and attends 5x60 water polo club every week, and her enthusiasm for the sport is great to see.

"She is a very dedicated and skilled player for her age of 11, and it is wonderful to see that all her hard work and training has paid off."

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Barry cadets join up with ATC rugby side

Peter Pemberton and Ashley Williams represent the Air Training Corps

RECENTLY, Peter Pemberton and Ashley Williams of 372 (Barry) Squadron played rugby for the Air Training Corps at RAF Cosford.

Peter is a keen and active member of 372 Squadron, who has attended annual summer camps at RAF stations, undertaken adventurous training, shooting, flying, gliding and participates in the Duke of Edinburgh Award Scheme.

Ashley has been in the ATC for six years and has also been to Belgium, visiting the battlefields and memorials of the first and second world wars.

This fixture was supposed to pit the air cadet boys' rugby team against Warrington Rugby Club - their traditional opponent. Sadly, Warrington were not able to supply a full team, so the cadets locked horns with another promising side – the Shrewsbury Colts.

Having not faced the Colts before, the cadet side matched the experienced youngsters for over an hour. But as their legs started to tire, it was the side from Shrewsbury who scored vital points, as they ran-in a number of tries in the final 10 minutes.

The Colts proved too strong in the end for the ATC side and the score finished 45-5.

Ashley said "The rugby opposition this year was definitely tougher than expected, but the ATC teams always do well, bearing in mind that they have never played together before. It was a shame about the final score though"

The Air Cadets now prepare for an action-packed couple of months of flying, gliding, shooting, sport, adventure training and Duke of Edinburgh expeditions.

If you have a spirit for adventure, 372 (Barry) Squadron have vacancies for boys and girls between 13-18 years old. The Squadron parade on Mondays and Wednesdays 7pm - 9.30pm behind Adams Funeral Parlour (by the Memorial Hall), phone 01446 747734 or email 372@aircadets.org

JASON HORTON

Latest Vale of Glamorgan Cricket League round-up

LLANTWIT Cavaliers' Julian Griffiths followed up last week's 97 not out with the season's first century, a whopping 103 not out as the early season league leaders piled up 170 for 1 against Penarth.

The Seasiders were then dismissed for 95, Dave Russell was the main wicket-taker.

Cardiff made the trip to Rhoose to play Fontygary and scored a season's best of 203 for 5. Adam Markham Jones scored 50 and added 100 with Gareth Watts, who scored 41 not out. Nick Shea provided most of the late damage, scoring 49 in just seven overs.

Fonty's reply was a modest 106 for 4, Shae Ellis scoring 38.

Barry Internationals travelled to Pencoed. The home team scored 142 for 6, K Redford scoring 44 not out. It was not enough, though, as Internationals, led by S Abbad with 47, won by five wickets.

Another high-scoring match was played at Dinas Common. Barry Wanderers scored 161 for 7, Ed Sherriff and Gareth Lanagan both scoring 67.

In reply, Dinas scored 148 for 7, Gordan Hannah's splendid 61 being the highlight of the innings.

Barry West End have enjoyed back to back wins. After defeating Fontygary by 57 runs where the timeless Neil Holmes, probably the League's oldest player, returned 3 for 1, West End also won at Creigiau.

Chasing a score of 101 for 8, West End won by nine wickets, with Ian Gadd (55 not out) and James Thomas 32, leading the response. Tom Miller, Owen Jones, James Thomas and Chris Davies all took two wickets each for West End.

Tynewydd batted first against Colts and scored 103 for 3 from a reduced number of overs. Joe Davies, in his first match for the Inn since 2004, top-scored with 41.

The Colts won with an over to spare by seven wickets to claim a morale-boosting first win, Pete Lansdown top-scoring with a violent 35.

Finally, the Lisvane-Cogan clash became the season's first victim of the weather. With Lisvane on 100 for 4, Jojo Sharma having scored 48, the heavens opened, bringing a premature end to the match.

Team	P	W	L	Pts
Llantwit Cavaliers	4	4	0	8
Barry Internationals	4	4	0	8
Barry Athletic	3	3	0	6
Barry Wanderers	4	2	2	4
Lisvane	2	2	0	4
Cardiff	3	2	1	4
Dinas Powys	4	2	2	4
Penarth	4	2	2	4
Barry West End	4	2	2	4
Cogan Chiefs	3	1	2	2
Pencoed	4	1	3	2
Fontygary	4	1	3	2
Llantwit Cavaliers Colts	4	1	3	2
Tynewydd Inn	3	0	3	0
Creigiau	4	0	4	0

Gymnasts all manage to make the grade

THERE was a 100 per cent success for Barry YMCA gymnasts at the recent Welsh grades events.

Within the grades system, gymnasts have to complete a number of skills on the vault, bars, beam and floor, to 'pass' their grading.

In grade 14 and 13 they also have to complete a conditioning set which tests their flexibility and strength. Grade 14 is the first grade that gymnasts can take and they have to be a minimum of eight years of age in the year of the event to sit the grading.

For many of the Barry gymnasts, this was their first event outside of the club, but this did not deter them from having a great time. Barry were represented in this grading by Kelsey Dawe, Chloe Gabb, Gabriella Hooley, Lucy Miles, Tesni Gardiner, Elisha Watkins, Ffion Jackson and Chloe Sullivan, all of whom passed.

In grade 13, Barry were represented by Ellie Peterson, Megan Sully, Tia Dewitt, Freya Parker and Megan Hopkins, all of whom passed. Tia Ali also competed in this grading and gained a distinction.

The skills get harder as the grades progress but this did not faze the grade 12 gymnasts, who had been busy learning the required skills over the past few months. Megan Brown demonstrated excellent skills earning herself a distinction, while Nia Fenn, Chelsea Slack, Seren Mirza Davies, Catrin Long, Ellice Stockford, Alana Stokes and Nia Davies all gained passes.

There is a big step up from grade 12 to grade 11 and Catrin Megan Davies (aged 11) coped with this jump tremendously, passing her grade 11 with flying colours. 15–year–old Emma Worrall competed in grade 10 and demonstrated many of the new skills she had learnt to successfully pass her grading.

Caitlin Allin represented Barry in the high–level grade 9 event and, like her training partner Emma, she too had to learn many new skills. Her hard work paid off when she passed her grading and also placed third overall in Wales. Congratulations to all gymnasts and their coaches.

KD

Cowbridge under-15s go Dutch to take prestige rugby title

ABOVE: Cowbridge under-15s celebrate their tournament victory.

COWBRIDGE RFC under-15s were represented by a party of 56 hardy souls who travelled to Holland for the Dutch Open Invitation Rugby Tournament.

Like Cowbridge, the other teams competing were all champions of their regions, and the weekend was the first time all season that almost the whole squad was available for selection.

The tournament was hosted by Dukes Rugby Club in the picturesque town of 's-Hertogenbosch, made all the prettier by the hot summer sun.

The boys' first game was against the British School of the Netherlands, a useful outfit consisting of British and Antipodean boys, who were the runaway leaders of the Dutch First Division.

It took the Cowbridge boys just over a minute to open the scoring, as Adam Roscow scorched down his wing from within his own half to touch down.

Further tries from centre James Griffiths and scrum-half Lewis Llewelyn opened up a 17-0 half-time lead that was extended by tries from openside Jack Haines, blindside Gus MacPherson, and front rower Evan Phillips.

The second game, against RC Oememmoman, continued this good form, and with the ball being spread wide at every opportunity, eight tries were run in with winger Hari Hitchcock scoring three, Roscow and Griffiths one apiece, centre Chris Walters another, and forwards Tom Murray and Tom Cunnington sealing the victory.

The third game was against RC Bulldogs, who despite their name and status as local champions, were overwhelmed by the all-action style of the Welsh visitors, with Hitchcock and Haines scoring a brace, and Murray, Walters, Kenny Rodgers and MacPherson all adding their names to the score sheet.

A pool aggregate score of 134-0 saw Cowbridge go through to the semi-finals, where Chelmsford, the Essex champions, awaited them.

The Essex boys had run Cowbridge close in a tournament the previous season, and so the boys took no chances by playing secure rugby and wearing the big Essex boys down in the heat.

A dominant scrum ensured a plentiful supply of clean ball, and having established the ascendancy, the Cowbridge boys released winger Roscow to round the defence for a fine try.

Shortly afterwards, No 8 Ollie Hitchings sealed the win with a gritty try following good close-quarter work from the pack. The final score of 12-0 to Cowbridge saw them through to the final where the Kent champions, Thanet Wanders awaited them.

They had a large pack, with big powerful centres, and an unbeaten record for the season, so the Cowbridge boys knew they were in for a hard game, and steeled themselves for one final flourish.

At first, the big Thanet pack held its own and the game was evenly contested, but gradually the tempo at which the Welsh boys started the game wore their visitors down, and once again it was the forwards who subdued their larger opponents, taking numerous strikes against the head, monopolising the lineout, and providing scrum-halves Llewelyn and then Sean Boga Lake the perfect platform to release their three-quarters.

What followed was probably 15 minutes of the best rugby these boys have ever produced. With outside-halves Freddie Harries and then Rhys Griffin flicking passes at bewildering speed, centres Griffiths and Walters ran a series of sublime angles that left the opposition chasing shadows.

ABOVE: A slight mis-match as Gus Macpherson goes on a run.

ABOVE: A try for Tom Murray.

Their offloading in the tackle ensured that play was kept alive and once again it was flying winger Hari Hitchcock who led the scoring with four excellent tries.

Rare pressure from Thanet saw full-back Charley Morris stop a promising move and, following a flowing counter-attack, Rhys Griffin touched down to seal a resounding 29-0 victory.

Skipper MacPherson was then presented with the cup by the president of the Dutch Rugby Union, and returned the shower of compliments with a brief thank you speech of his own.

Having had at least 12 boys selected for the two Blues under-16s camps this summer, it looks as if the boys will not be playing together much in their Cowbridge shirts next season. However, if they repeat last weekend's exhibition of flowing rugby at an end of season tournament next year, then it will be well worth the wait.

Full squad: Charley Morris, Tom Smith, Freddie Harries, Hari Hitchcock, Christian Walters, James Griffiths, Adam Roscow, Rhys Griffin, Sean Boga Lake, Lewis Llewelyn, Kenny Rodgers, Tom Cunnington, Evan Phillips, Lloyd Stock, Tom Murray, Matt Goodlad, Kerian Smith, Jack Haines, Ollie Hitchings, and Gus MacPherson (capt). **TG**

CALLING ALL CLUB OFFICIALS!

The GEM welcomes your match reports, and other club items of interest.
Email them to:
ggem@internet-today.co.uk
or post to the Editorial Department, The GEM, Graig House, 53 Eastgate, Cowbridge CF71 7EL

ADVERTISEMENT FEATURE

In Business Update

Jan's Domestic Cleaning
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Vale Women's Business Network

What is the World Twittering on about?

Wednesday, 16th June 2010
at
Trio Brasserie, Cowbridge, 6.30-9.00pm.

Guests and non-members are most welcome!
(Guest membership for the event is £6)
Please e-mail members@vwbn.org.uk to book

www.vwbn.org.uk

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Out and About with The GEM

VALE MAYOR WELCOMES CHICAGO CHOIR

ABOVE:
The Moody Bible Institute Choir from Chicago visited the Town Hall, Barry, for a special reception hosted by the Mayor, Coun Colin Osborne.

THE Vale of Glamorgan Mayor, Coun Colin Osborne, recently hosted a reception at the town hall for members of the Moody Bible Institute Choir from Chicago. The concert in Barry was their only performance in Wales, as part of their UK tour.

What's on and Where?

Art show

COWBRIDGE Art Society's summer exhibition and sale of paintings is being held in Cowbridge Library, Old Hall Gardens.

Valeways walks

ON June 7 at 7pm, the Sunken Valley walk starts at St Brides Major near the cattle grid.

On June 8 at 1.30pm, walk the Aberthaw Nature Trail, starting at the Blue Anchor Inn car park, Aberthaw.

Please note there may be stiles, uneven surfaces, steep sections or soft, wet ground on some walks.

Green drinks

GREEN Drinks are being held at the Bear Hotel, Cowbridge, on Tuesday, June 8, from 7.30pm.

This is an open and informal monthly get-together to chat and share information on how to live more sustainably. All welcome

Contact Rob McGhee on 01446 775686 or transitioncowbridge@googlemail.co,

It's not that men don't 'get' Sex and the City – it's just not any good!

SCREEN TALK

by GARETH JAMIESON

WITH the football World Cup just days away, it is only fair that the women of the world are given something to help take their minds off the festival of football that males will be enjoying for the next month or so.

Whether it is intentional or not, the second *Sex and The City* film lands with a bang just before the event in South Africa, no doubt bringing a smile to the face of women everywhere whose idea of heaven is cosmopolitan cocktails and Jimmy Choo shoes.

Picking up where the first filmic instalment left off, we see the lives of Carrie (Sarah Jessica Parker), Samantha (Kim Cattrall), Charlotte (Kristin Davies) and Miranda (Cynthia Nixon) as they respectively try to deal with the spark going out of marriages, the problems of getting old, bra-less nannies and bosses who treat them like rubbish – but when it all gets too much, a trip to Abu Dhabi allows the four friends to take a step back from their lives with varying consequences...

When interviewed on breakfast television last week, Sarah Jessica Parker claimed that critical response to *Sex and the City 2* wasn't a factor, that the film was made purely for the audience that went to watch the first one (and made it a huge financial success).

A fair point made by the film's star and producer – after all, films that earn the sort of money the first *SATC* film did are afforded a degree of critical fireproofing – but did her statement aim to cover the tracks that poor reviews would make?

Having taken in this sequel, I am pretty sure that Parker was on somewhat of a damage limitation trip, as this review isn't going to buck the trend started by film magazines and columns across the world – *Sex and the City 2* is an absolutely woeful film.

Now I'm fully aware that my genetics should make my hatred for this type of film par for the course – yet the TV series it sprang from wasn't the hellish half-hour for men it was made out to be.

It was a sassy, comedic programme that, while hardly essential viewing, wasn't awful; however, the first film seemed to lack what made it enjoyable.

The sass and spark had gone, the film spending 150 minutes in the neuroses of the main characters and ending up being dull and unfunny where it should have been triumphant.

Anyone expecting *SATC2* to make up for the shortcomings of its forebear should be warned now, it most certainly doesn't; in fact, it is a film that, while lighter of touch, is perhaps even worse.

The marathon, self-indulgent running time of 146 minutes does it no favours whatsoever – the film more padded out than the players on an American football field – while all those creatively involved obviously spent far too long congratulating themselves on the success of the first that they announced a second without giving any thought to the story.

The end product ends up being a film that only hints at story depth, before forgetting about it in order to facilitate another crisis for one of the characters; meanwhile the second half trip to Abu Dhabi feels like the fallback of that British sitcom staple of taking the characters abroad when it comes to making a film.

It is a pointless diversion that is blatantly there to make the film last as long as possible, which given that Michael Patrick King, longtime producer of both TV show and film, was responsible for, makes it all the more shocking that he couldn't create something a bit more substantial for the characters.

It is also all too smug and bathed in stereotypes; kicking off with a gay marriage (and just in case you don't realise it's a gay marriage the words 'gay marriage' are used every other sentence). The service is hosted by Liza Minnelli, who then proceeds to talk her way through Beyonce's Single Ladies – because, of course, that's how every gay marriage goes.

But a wide range of subjects; from males and females in New York, to the locals of Abu Dhabi, all are tarred with the same stereotypical brush, making it a film that, given how supposedly frothy it aims to be, is actually somewhat dumb in its pigeonholing of individuals.

The cast are all at home reprising the characters, yet the same foibles that afflicted the first film are present and correct here. Try as she might, Sarah Jessica Parker cannot convince as a comedic actress, let alone a lead comedic actress, and is saddled with a character that only the most loyal fans of the franchise will love.

Picking up where her neuroses left off, this time she is angry that she is being called by her married surname (well, why get married then?) and is distraught when her husband (Chris Noth, who should realise that simply tossing lines off with smugness may well be the way of *SATC*, but doesn't translate well onscreen) buys her a top-of-the-range TV for their bedroom on their anniversary.

"Some jewellery would have been nice," she says with all the gratitude of a small child, and it just makes the character grate excessively, not good when she is the main figurehead of the group Parker's performance simply fails to engage or get you onside.

The rest of the cast fare slightly better, Nixon again bringing a likeability to the role of Miranda while being given a story strand that seems to conclude itself within the first 45 minutes. Kristin Davies, despite being given a story that makes her nearly as annoying as Carrie (two children *and* a nanny, however will she cope?!), turns it around to offer a turn that sits well with more than a few witty one liners.

However it is Kim Cattrall who really stands out here, the character of Samantha gifted the best lines and Cattrall's performance is note perfect.

Whether it is being excessively prone to hot flushes or offending the beliefs of those who live in Abu Dhabi with her casual attitudes, Cattrall is the antidote to Parker's poor effort, livening up proceedings no end.

Had the film revolved around Samantha and not Carrie, it is likely that *Sex and the City 2* wouldn't be the slow, unfunny mess it is; while much more cinematic than the first outing it is still lacking in the smarts the TV show had.

Once again, it will doubtless furnish the studio pockets with plenty of silver while giving way to the more-predictable-than-England-losing-on-penalties threequel – but there is nothing here that makes for a film that has much in the way of redeeming features, making *SATC2* a pointless exercise in moneymaking.

VERDICT – A dull, worthless film that exists purely to appease fans who haven't had their fill of these characters, *Sex and the City 2* is saved from total ignominy by Kim Cattrall's game turn, and Cynthia Nixon and Kristin Davies' pleasant support.

But the overriding stench of fashionista smugness and its stereotypical portrayal of various sectors of society, mean this is a film that lacks in charm what it attempts to make up for in style. *One to avoid.*

DIABETES WALK

DIABETES UK Cymru is urging local people to put their best feet forward during Diabetes Week 2010 for its annual Walk the Extra Mile event in Sophia Gardens, Cardiff, on Sunday, June 13.

Starting at 11am, the two-mile walk is a fun event for all the family and is suitable for pushchairs and wheelchairs.

DIABETES TALK

THE next meeting of the Vale of Glamorgan Group of Diabetes Uk Cymru will be June 15, when the head of retinopathy services for diabetics in Wales will be the speaker.

The meeting starts at 7.30pm in the Board Room, Llandough Hospital, Penarth.

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Out and About with The GEM

IN BRIEF

Fibromyalgia support group

THE Vale of Glamorgan Fibromyalgia Support Group monthly meeting will be on Monday June 7, at the Barry Public Library between 10 am and12.30pm.

Floral society

THE next meeting of Barry Floral Society will be at St Nicholas, Barry, on June 8.

There will be a demonstration entitled 'Flowers by:–' Alison Bentley of Wenvoe, at 2.15pm. New members are always welcome.

Community hall's AGM

THE annual general meeting of the St Nicholas (Barry) Community Association will be held at St Nicholas Hall, St Nicholas Road, Barry on Friday, June 11 at 6.30pm.

All interested persons and members of organisations using the hall are welcome to attend.

Light refreshments will be served at the end of the meeting.

For further information on hiring the main hall or the smaller basement room, contact 01446 739212.

Llantwit boot sale

LLANTWIT MAJOR School PTA is holding a car boot sale on Saturday, June 19, open to the public 10am – 11.30am.

Entrance is via the bottom gate (next to Llanilltud Fawr Primary School). Cars to arrive between 9am and 9.45am.

Booking forms can be collected from the school office, or can be downloaded from the school's website.

Charity cake break

PUPILS in 7SW at Bryn Hafren Comprehensive School recently raised £72 for the charity Breast Cancer Research by organising a 'cake break'.

"They baked a selection of goodies, including a cake made out of Nutella, and hundreds of rice crispy cakes. The girls did very well. Thanks to all involved, including those at home who helped with the baking," a spokeswoman reported.

Ty Hafan lottery draw winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number 620.

- **£2000:** 590622.
- **The rollover, which now stands at £3,000 was not won this week.**
- **£10:** 382805; 256059; 162015; 674306; 773529; 216462; 323434; 483650; 578966; 315542; 562662; 765166; 772637; 241800; 440649; 556366; 838884; 854069; 797330; 560537.
- **£5:** 414688; 259190; 130938; 349255; 130619; 463864; 912298; 114837; 309578; 631608; 219046; 878806; 255929; 373561; 299282; 778259; 791504; 365330; 637136; 147186; 353932; 590958; 106100; 153736; 528024; 157335; 198852; 430683; 116145; 687003; 147223; 711966; 653419; 890540; 888016; 750930; 749718; 408837; 441555; 736874; 270331; 873694; 543849; 409517; 597733; 850430; 142545; 269679; 566709; 712337; 158558; 317590; 800793; 299138; 408916; 490032; 212050; 466135; 869433; 738631.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please call telephone 02920 672062.

Epilepsy group to lobby assembly

THE Vale Epilepsy Group will be meeting members of the Welsh Assembly at a forthcoming event to highlight a condition that is more common than diabetes – and is responsible for more deaths in the UK than cot-death and AIDS combined.

The meeting, at The Senedd in Cardiff Bay on Wednesday, June 16, at 11.30am - 2.30pm, is open to anyone who is affected by epilepsy.

The Vale Epilepsy Group can be contacted at: epilepsy-wales@aol.com for further information .

'Mind Week' highlights tackling stress

MIND in the Vale recently celebrated 'Mind Week 2010'.

This year, the theme was 'Taking care of business' and it urged employers and employees to make their workplaces more mentally healthy.

Each year, one in six workers experiences depression, anxiety and stress as a direct result of problems at work.

Mind in the Vale has projects covering Barry, Penarth and the western Vale, which promote the importance of a healthy work place.

The 'Travellers in Mind' café and gallery in Broad Street Station, Barry, were raising awareness all week by promoting to commuters the importance of work and looking after your mental health.

The Rainbow Project, covering the western Vale, held a relaxation session to mark the event.

For more information on Mind in the Vale of Glamorgan, contact the main office on 01446 730 792.

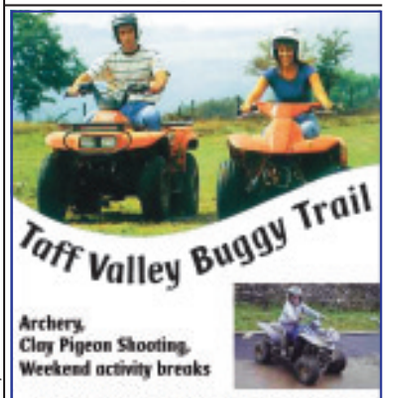
Dyspraxia support group

THE next meeting of the Vale Dyspraxia Support Group will take place at 7.30pm on Monday, June 7, in committee room 2, civic offices, Holton Road, Barry (a new venue).

The group provides support for children with dyspraxia and their families and helps by liaising with education authorities and the Welsh Assembly.

It is running a laptop project to support pupils with dyspraxia. Families (both parents and children) of young people with dyspraxia and related conditions (such as dyslexia, ADHD and Aspergers) are welcome .

For more information, contact 01446 738945.



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Rent demand outstrips the supply

A LACK of supply is pushing rents higher, signalling a revival in the Welsh lettings market, according to the latest RICS Lettings Survey.

A spokeswoman reports: "Rental prices have risen significantly in the first quarter of 2010. 22 percent more chartered surveyors reported a rise rather than a fall in rental prices compared to just one per cent more who reported a fall rather than a rise in the previous quarter.

"Surveyors are optimistic that rents will continue to rise with the rental expectations net balance climbing from 30 to 41 per cent – the highest figure recorded in the survey's history.

"The more positive picture for rents can be attributed, in part, to the continued decline in the supply of both flats and houses in the Welsh marketplace: 29 per cent more chartered surveyors reported a fall rather than a rise in the number of new landlord instructions for this period.

"The upturn in the housing market has tempted many of the accidental landlords, who let their property when the market was down, to sell up with new instructions for sale on estate agents books now rising. However, one consequence of the turnaround in the rental trend is that the net balance of surveyors in Wales reporting an increase in gross yields has turned positive for the first time in a year.

"Significantly, demand for property to let remains strong in Wales, with 25 per cent more respondents still seeing it rise than fall, the strongest reading since January 2009. Houses remain significantly more popular than flats, but flats are starting re-establish their appeal.

RICS Wales acting director, Christina Hirst, commented: "With sellers back in the housing market, supply has fallen back in the lettings sector. This is good news for landlords, as rents are set to move higher in the coming months and yield returns are likely to improve. Moreover, the news that buy to let specialists are beginning to lend again may also encourage investors to return to the market.

"However, the prospect of higher capital gains tax on the sale of property may, in the near term, encourage some existing landlords to take advantage of the current more benign tax regime."

Who wants to build what and where?

Mr Mark Jones – **28 Seaview Place, Llantwit Major** – single storey extension to enlarge kitchen and provide utility and shower rooms.

Mr Stephen Parker – **Seascape, 1 Somerset View, Ogmore by Sea** – two storey glazed extension, first floor side extension, garage extension introduction of balcony.

Mr Rhydian Morris – **31 Old Port Road, Wenvoe** – demolition of existing entrance hall, WC and utility area. Erection of a single storey extension to comprise a playroom, entrance hall, WC and utility area.

Mr Stephen Ward – **1 South Terrace, Southerndown** – new gable wall including three windows, pitched roof over rear flat roof area, new windows to rear elevation, form new cloaks and airing cupboard extension to rear/side.

HSBC Bank Plc – **1 Herbert Terrace, Penarth** – one branch nameplate and one sign above existing ATM.

Fitz Project Management – **22 Park Crescent, Barry** – alterations to shop front.

Mr David Rogers – **6 Norman Cottages, Michaelston Le Pit** – retain dormer as built and remove previous condition. Log store with timber frame.

Mrs Gillian Jones – **20 Tan Y Fron, Barry** – single storey rear extension and porch extension and installation of thermal collectors to front elevation of property.

Mr Steve Phillips – **13 The Mount, Dinas Powys** – extension, alteration and refurbishment of existing dwelling.

Ms Sharon Poole – **85 Port Road East, Barry** – variation of condition no 2 of planning permission Ref 2007/01417/FUL to construct extension with facing brick on the front elevation and render finish on the side and rear elevation.

Mrs Good – **11 Windyridge, Dinas Powys** – fell oak.

Mr C Wharton and Mr M Hitchcock **– Chy Avallan, Llanblethian** – remove Yew from west corner.

Mr Tasos Asprou – **120 Cornerswell Road, Penarth** – loft conversion to include dormer to the rear elevation.

Mr William Lane – **Cardiff Dogs Home, Westpoint Industrial Estate, Penarth Road, Cardiff** – retention of existing storage unit and two dog runs.

Mr and Mrs Paul Miller – **3 Dylan Close, Llandough, Penarth** – demolition of existing single storey garage/study conversion. Erection of two storey extension to provide study and porch at ground floor level and bedroom at first floor.

Mr Alan Griffiths – **40 Llanmaes Road, Llantwit Major** – conservatory to the rear of the house and construction of single storey garage and dining room side extension.

Fitz Project Management – **73 Lakin Drive, Barry** – rear dormer window and room in the roof of existing house.

Mr Paul Griffiths – **6 Coed Marsanen, Colwinston** – rear and side single storey extensions.

Openreach – **1 Windsor Court, Esplanade, Penarth** – new fibre optic modular cabinet.

Mr Peter Howles – **Penylan Cottage, Penylan Road, St Brides Major** – balcony.

The owner/occupier – **Hendre Alcam, Wick Road, Llantwit Major** – oak framed, oak clad, slate covered double carport.

Mr Chris Kent – **River Court, Treoes** – access gates to four dwelling development (shared access road between 1, 2, 3, 4 Rivercourt, Treoes).

Mr and Mrs Western – **10 Sherbourne Close, Barry** – porch extension.

Mr Williams – **27 Westbourne Road, Penarth** – removal of cherry tree in front garden.

Mr Karl Reinholdt – **24 Enfield Drive, Hunters Ridge, Barry** – two storey side extension.

Mr James Devonald – **The Sweetings, Llanquian Road, Aberthin** – erection of double storey extensions, carport and conversion of existing garage.

Mr Glyn Phillips – **6 Heol Dewi Sant, Barry** – two storey extension to side elevation and new porch to front.

Mrs M Proctor – **220 Redlands Road, Penarth** – two storey front extension and single storey rear extension plus associated alterations.

Mr Matthew Rendell – **11 Primrose Close, Cowbridge** – proposed two storey side extension and single storey rear extension.

GR and C Saunders – **Ravenswood Farm, Bonvilston** – outline application for farm worker's dwelling with cattle and storage barn proposed in full details.

Mr AJ Thomas – **New Breach Farm, Cowbridge** – extension to existing loose housed cattle building to include three bull pens and extra cattle accommodation.

Drs R and H Wheeler – **34 Victoria Road, Penarth** – remove holly, bay, laurel and willow from front garden.

Paul and Jane Davies – **25 St Cyres Road, Penarth** – replace existing garage and shed with new garage and pool room.

Mr John Greig – **Bakers Lane, Llantwit Major** – new dwelling.

Mr Anthony Evans – **18 Maes Y Coed, Barry** – refurbishment and extension of a residential dwelling.

John Mihell – **63 Plymouth Road, Penarth** – reinstatement of house from two flats back into one single dwelling. convert rear coal house into dining room and lift line of roof slightly. Removal of steel fire escape to top floor.

Mrs Tracey Richards – **9 Dunraven Close, Dinas Powys** – proposed ground floor kitchen extension.

Mr Wyn Newman – **7 Fferm Goch, Llangan** – proposed extension and alterations.

Mr Reginald Forse – **land at Cog Moors, Cardiff Road, Dinas Powys** – retention of engineering works which include the raising of the ground levels by deposit of recycled stone and tarmac planings. Erection of a hay barn for hay storage and horses' feed. Flooding offset works by reduction of ground levels on land.

Mr Mark Haynes – **Ysgol Pen Y Garth, Redlands Road, Penarth** – single storey two classroom extension to teaching block.

Mr Ivor Thomas – **Heddfan, Windsor Terrace Lane, Penarth** – to construct WC.utilities room on side of bungalow and construct a covered seating area along wall on rear elevation of property.

Mr Dave Heron – **Ty-r-Waun, Cross Common Road, Dinas Powys** – proposed stable blocks.

Mr David Evans – **land at Broomwell, Llancarfan** – retention of agricultural barn.

Ms Clare Currie – **Plot 1, West Street, Llantwit Major** – proposed detached dwelling.

Mrs Anna Roper – **Brynheulog, Llangan** – alteration and extension of existing building.

Mr David Heathfield – **10 Highwalls Road, Dinas Powys** – single storey bay window extension to front elevation and part single and two storey extension to rear of property.

Mr and Mrs Paul Mayze – **The Croft, Sigginstone Lane, Sigginstone** – retention of detached garage (as built) and change of use of land to domestic garden.

Mrs Lucy Thomas – **Greystones, Rhoose Road, Rhoose** – refurbish and increase height of chimneys (1,2 and 3) by approximately 0.6 metres. Refurbishment consists of removal of cement render and re-pointing of chimneys 2 and 3. Increase of chimney height (by approximately 0.6 metres) required to reduce risk of thatch fire. New masonry to be of similar material and style as existing.

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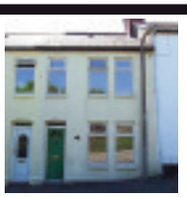

LAURA STREET, BARRY
- Very well presented 2 bedroom mid terrace in popular location.
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- Planning consent for commercial use.
- Offered Leasehold.

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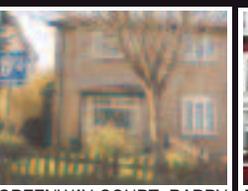

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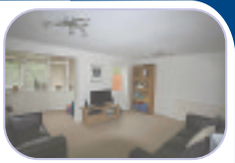

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44 Lougher Place, St Athan - £525 pcm
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Stags frustrated by changeable weather

NATHAN BAKER took his Barry Athletic First XI to season strugglers, Ponthir CC, knowing that a victory would make it four wins in a row and five wins in the space of six matches.

With the weather forecasting heavy rain in the afternoon, the Stags were in danger of missing out on a chance to cushion themselves from the chasing pack.

Despite the showers threatening, the match went ahead with Nathan winning the toss. He chose to field first. With the likes of Steve Jones returning to the side, the Stags were strengthened.

However, after three balls into the match and the score at 4-1, the showers turned to downpours and with the health and safety of the players at risk, the match was rightly abandoned.

With no matches taking place in the division, the Stags remain on top and looking for promotion.

Seconds

At the fourth time of asking, Damon Leake claimed his first win as Second XI captain – against Ponthir.

Unlike the majority of matches in the Glamorgan and Monmouthshire Cricket League, Barry Island managed to avoid the worst of the weather, and with nothing more than a miracle performed by groundsmen, Ian Gadd and Glan Williams, the match went ahead.

With the likes of John Gee returning to the squad, the Stags had another reliable all-rounder at their disposal. Despite all that, Leake won the toss and elected to field first.

The innings began in a comfortable fashion for the Stags, as wickets fell at regular intervals and not many runs were scored. Good performances from James Haswell and John Gee, with the new ball, brought many chances for the Stags and with the depth of batting on the thin side for the visitors, the Stags were looking forward to their first 'all out' of the campaign.

The high standard in bowling was followed by superb fielding, including a contender for 'catch of the season' by Sam Johnson, and a magnificent direct hit run-out by Damon Leake, and with the rest of the bowling attack contributing, the visitors were bowled out for 154, with the best bowling performance coming from John Gee (3-39).

The second innings, again, began in dominant fashion with the good form of Damon Leake continuing, as he hit boundary after boundary, getting the Stags under way in the early overs.

Despite the early loss of James Haswell, for a duck, the Stags looked in touch of a comfortable win.

Contributions from Glan Williams (21), John Gee (36 not out) and a handy contribution from the extras column brought the Stags within touching distance.

The loss of Leake for 60 brought little consolation for Ponthir as interim chairman, Martin Baker (15 not out) carried the Stags over the line, with six overs to spare.

The Stags won by seven wickets and claimed their first 20 points of the season.

The win moves the Stags out of the relegation zone and with winnable matches coming up, the Stags may be able to push towards the top half of the league.

Thirds

Due to unavailability in the Barry Third XI squad, Andy Ellis' Stags were forced to concede the match to Panteg B CC, last Sunday.

Forthcoming fixtures

Saturday, Barry First XI vs Lisvane CC; Brecon CC vs Barry Second XI.

Sunday, Barry Third XI vs Creigiau CC.

Wednesday, Creigiau CC vs Bucky's Bashers XI.

Barry Athletic CC have announced that the monthly party will take place on June 12, at the Barry Oval, after the match between Barry Second XI and Hoover Sports CC – live music from Mark Moulden will be featured. In addition, Barry Athletic CC would also like to wish daughter of legendary tea lady Nicola Baker, Gemma, a happy 16th birthday, on Sunday, June 6.

Athletic under-9s win Creigiau tournament

Barry Athletic under-9s travelled to Creigiau for their second mini-tournament and with the opponents being St Fagans, Creigiau, and Whitchurch, the mini-Stags had a tough day ahead of them.

First up was Creigiau, and with the sun shining at full blast, the runs should have been in full flow.

This wasn't evident as both sides bowled very consistently to help limit the runs.

However, with excellent batting displays from Sam and Wesley, the mini-Stags ground out a seven-run victory.

Next, Barry faced St Fagans and with the opposition well known for their strong youth set-up, the Stags could face problems.

However, any early predictions of a St Fagans win were thrown in the bin, as performances with the bat from Ben and Wesley, as well as bowling performances from Rhys and Reuben, saw the mini-Stags dominate, winning by 30 runs.

Lastly, Barry faced Whitchurch and with the momentum in Barry's favour, the pundits were beginning to get behind the mini-Stags. They maintained their high efforts, in all departments, to comfortably win this match by 58 runs.

This match will be remembered by a three-wicket maiden by Rhys and a maiden by Tom, as well as batting performances by Matthew and Daley.

Barry under-9 team: Sam, Reuben, Wesley, Tom, Matthew, Ben, Rhys, Daley, Declan.

Athletic under-11s win home and away

Barry Athletic under-11s beat Creigiau at home and Radyr away.

Against Creigiau, they scored 287 for 4 and won by 29 runs. Joel Merrick was named man of the match.

At Radyr, the boys won by 23 runs and Sam Hopkins was man of the match.

Swim school's charity event is a hit, and it's all thanks to Jacob!

SPLASH Swim School, based in Barry, celebrated its third year anniversary on May 15 with its first sponsored swim.

Children from the swim school and their families took part to raise money for the Multiple Sclerosis Society.

The swim came about when one of their young swimmers, Jacob Davies, approached his teacher Natalie O'Shea about carrying out a sponsored swim to raise money for the Multiple Sclerosis Society.

When asked why this particular charity, Jacob replied: "Because my mum suffers from Multiple Sclerosis and I thought it would be nice to raise money for her."

Natalie created an event for everyone to join in, bringing families together through the medium of swimming, and raising money at the same time for a very worthy cause.

Jacob added: "It was very helpful and very nice of the swim school to help me raise money for the Multiple Sclerosis Society."

Family teams and individuals set themselves a goal of swimming 1,000, 2,000, 3,000, 4,000, or 5,000 metres.

Bethan Williams (10), Corey Curtis (10) and Nigel Grant (40) completed an amazing 5,000 metres on their own; the swim was open to everyone and even included Natalie's 18-month-old son Caden O'Shea, and her 58-year-old dad, David Walker, completed 1,000 metres in a team event.

Jacob Davies, who is a year-4 pupil at All Saints school, completed 3,000 metres on his own. Overall, the sponsored swim raised in excess of £1,000. Jacob has been delighted with this response and hopes it will help with research in to medicine for people with MS to help make them better.

Natalie added: "I am very proud of everyone who took part and I would like to say a special thank you to Bryn Hafren, especially the caretaking and cleaning staff, and Mr Whitcombe for their continued support of the swim school and allowing us to use this pool for such a worthwhile event."

Splash Swim School was established in 2007 by Natalie, who wanted to create a fun and child led environment where children enjoyed learning to swim.

For more information you can contact Natalie on 07921 122742 or via email at splashswimschool@hotmail.com.

ABOVE:
Some of the members of Splash Swim School who raised funds for the Multiple Sclerosis Society.

ABOVE:
Jacob who inspired the event.

Run machine Julian wins batting award

Julian Griffiths (left) receives his award.

LLANTWIT MAJOR Cavaliers' opening batsman Julian Griffiths was presented with an award to mark his excellent achievement in scoring three tons and a total of 1,040 runs as Llantwit won the Welsh Club Division Three title.

The presentation was made by former Glamorgan player Andrew Davies.

This season, Julian is looking to eclipse the club record with three tons and seven 50-plus scores in his 12 innings to date.

Last Wednesday, he hit 105 not out against Penarth in the midweek league to add to 166 not out against Christchurch in the division two league fixture recently, and an equally impressive 153 not out against Barry Wanderers in the Sunday league.

Last week, he managed to notch 97 not out twice in 20-over games, and fell on 88 against Cross Keys in the league a fortnight ago.

He currently has scored 1,041 runs in May. A brilliant fielder and pacey bowler, he is a genuine all-rounder who is sure to catch the eye in the not too distant future, having just turned 24 years of age.

Seven winners for trainer Tim

WHEN *Letham Island* romped home under Cowbridge's Deano Coleman in the Douglas Family Conditional Jockeys Selling Hurdle at Uttoxeter on Sunday, Aberthin's Tim Vaughan was saddling his seventh winner in just nine days.

Six–year–old *Letham Island*, a 5–1 chance, won by nearly 20 lengths from *Tora Petcha*.

For the record, Vaughan's other six winners were *Picaroon, The Ferbane Man, Master Charm, Dead Or Alive* and *J'Adhere*.

Llancarfan's Evan Williams has also been keeping his supporters happy; recent winners include *Tiger O'Toole*, who scored twice in a week, *Mutual Respect, Moon Melody* and *King Of The Castile*.

Keith Pritchard's 12–year–old chesnut gelding *Cannon Bridge*, ridden by Hannah Lewis, and qualified with the Pentyrch Hunt, landed the Interbrands Europe Ladies' Hunter Chase at Stratford on Saturday evening, coming home four lengths ahead of Myfanwy Miles's *Lady Myfanwy,* who had narrowly beaten *Cannon Bridge* in last year's renewal.

The prolific *Lady Myfanwy* is qualified with the Ystrad Taf Fechan and for two Welsh point–to–pointers to fight out the finish again this year is a tremendous boost for Welsh hunt racing.

There are 126 entries for the Pembrokeshire Hunt Point–To–Point Steeplechase at Trecoed on Saturday which sees the close of the 2009/10 season (first race 2pm).

BRIAN LEE

Cadoxton ladies rue sluggish start against Llantwit Major

CADOXTON ladies welcomed Llantwit Major to play in the Thursday afternoon league.

Although there was a cloudless sky the wind was very cold and cut across the green making the conditions very tricky.

Rink one: Cadoxton – A Rees, P Davies, D Evans, J Tuck 16; Llantwit – L Crouth, M Allen, J Voss, M Davies 14.

Cadoxton ladies started extremely strongly. By the 10th end they were 14–4 in the lead. In this game of two halves, Llantwit retaliated by bringing the scores level on the penultimate end at 14–4. In an exciting last end Cadoxton were able to secure two shots to win the game.

Rink two: Cadoxton – J Watkins, C Bentley, M Slee, M O'Callaghan 14; Llantwit – C Mardie, M Morgan, P Pike M Lewis 21.

There was very little difference between the teams, on end 10 the score was even at 7. The players found the conditions very testing.

Llantwit started to master the green and scored for the next six ends bringing it to 21–8. Cadoxton took the last two ends for a six to reduce the overall loss to seven.

Rink three: Cadoxton – L Spencer, P Curry, N Clissett, B Osbourne 12; Llantwit – K Johnes, A Matlow, C Willmot, D Grey 17.

Llantwit started very strongly and scored on the first three ends. They continued to lead throughout the game and with singles, Cadoxton could not catch up. The good start for Llantwit won them the game.

CADOXTON 42
LLANTWIT 52

Friday League

Trelai Ladies joined Cadoxton on Friday in the evening league.

Rink one: Cadoxton – A Jones, P Bryant, D Evans, J Tuck 25; Trelai – M Porter, J Chapman, M Holland, B Parsons, 4.

Trelai ladies started well winning the first two ends for two shots. The Trelai ladies found the green extremely heavy, on the ninth end the score was a respectable 5–4 to Cadoxton.

The Trelai ladies were worn out with the heavy green and Cadoxton took the last eight ends.

Rink two: Cadoxton – J Watkins, J Pycroft, N Clissett, M O'Callaghan 19; Trelai – S Trask, J Watkins, M Lockwood, M Williams 17.

The game was evenly matched and on the 13th end the score was even at 11. Trelai took over the game for the next three ends, scoring a seven and putting them in the lead at 17–11 The last three ends, Cadoxton came back with a flourish to win eight shots and secure the game at 19–17.

CADOXTON 47
TRELAI 21

DM Davies

The GEM welcomes your match reports, and other club items of interest.
Email them to:
ggem@internet-today.co.uk

Bonvilston witnesses a 'thriller' novice race

ON AND OFF THE TURF with Brian Lee

THEY turned out in their thousands – the regular enthusiasts and those that read about the forthcoming meeting in The GEM – for the Countryside Alliance (Wales) Point-To-Point Steeplechases at Bonvilston on Bank Holiday Monday.

In glorious sunshine, racegoers witnessed some excellent racing.

The Nathaniel Car Sales Countryside Alliance Club Members Novice Riders' Race was a real thriller with three horses finishing within inches of each other.

The judge, Gwyn Brace, rightly so in my opinion, ruled that Mrs and Mrs Pugsley's *Fully Loaded*, ridden by their daughter Emma, aged 20, had won by a short head from *Roznic* (John Norman), with the gallant *Grey Kid* (Nathan Deakin), a further short head away in third place.

However, Norman thought that his mount, which is trained by Aberthin's Abbi Vaughan, had won and rode straight into the place reserved for the winner.

Fully Loaded, who is by the stallion *Needle Gun* which is standing at David Brace's Bridgend stud, is qualified with the Devon and Somerset Staghounds and the 10-year-old bay gelding was recording his ninth win of the season.

The Evan Williams Racing four, five, six and seven-year-olds Open Maiden Race went to Beth Roberts's *Copper Carroll* who, under the new amateur ladies jump jockey champion rider Isabel Tompsett, won by two lengths from *Tachbury* (Nathan Deakin) after taking the lead four fences from the finish.

Copper Carroll, a six-year-old bay mare, "is the most expensive horse I have ever bought" joked her owner/trainer who paid little more than a £1,000 for her in Ireland a couple of years ago.

The Tim Vaughan Racing Mixed Open went to Dewi Lewis's nine-year-old bay gelding *Balearic Star*, who drew away from the pacemaking *Classic Chance* (Nick Williams) at the second last fence to win by 10 lengths, with *Galtee View* (Joseph Williams) winner of the Welsh Point-To-Point Grand National over the course earlier this season, a further 12 lengths away in third place.

Balearic Star, who went off the 5-4 favourite, was ridden by John Mathias, aged19, who is making a bold bid for the national riders' championship.

The Country Fresh Eggs Restricted race resulted in a 20 lengths win for Paul Goldsworthy's six-year-old chesnut gelding *Hocinail* who, well ridden by Nathan Deakin, made all the running – just like he did when losing his maiden tag over the course at the earlier Pentych- to beat *Diddle'Em* (John Llewellyn).

Backers of the odds-on *Pathian Prince* (John Mathias) never had a run for their money as the seven-year-old bay gelding fell at the third fence.

Freedom Of Choice, a 25-1 chance, was a shock winner of The Welsh Game Fair eight-year-olds and over Open Maiden race.

Owned and trained by local farmer Mike David, of St Mary Hill, this son of *Beneficial* jumped the last alongside the favourite *Kyrano* (Liam Payter) and went on to win by a length with *Sodbuster* a further 25 lengths away in third place.

Freedom Of Choice, who cost just £850 at the Ascot Sales a couple of years ago, was ridden by John England, brother of National Hunt jockey David England, and according to his owner/ trainer, who was saddling his first winner in years, is so gentle at home that "a kid could ride him".

John England, who rides out for Llancarfan trainer Evan Williams, was chalking up his fourth winner between-the-flags.

Llantrisant saddler Keith Pritchard was a little surprised when his eight-year-old *Chandlers Cross* (Paul Tolman) ran out a six lengths winner of The Llantwit Major AutoCentre Intermediate race from *Definite Approach* (D Turner).

This eight-year-old chesnut gelding, trained by Paul Davies at Bromyard, had disappointed his owner when finishing out of the first three in the Dunraven Hunter Chase at Chepstow. However, on this occasion the gelding showed a bit more sparkle and, taking up the running three fences from home. the son of *Rakaposhi King* won easily enough.

Paul Tolman, who rides work for West Wales's Rebecca Curtis, was riding his seventh winner between-the flags this season and he has also ridden four winners under rules.

PHOTOGRAPHS by GLYN EVANS

Other pictures are available from this event.

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DOUBLE DELIGHT FOR DINAS GIRLS

ABOVE: Dinas Powys girls under-17s won their final by holding on to a 4-3 lead late on.

ABOVE: Dinas Powys girls under-14s won their final with two goals in the last 10 minutes.

THE girls section of Dinas Powys Football Club had a memorable day at the finals of the South Wales Girls League Cup recently at Sully Sports Football Ground.

Both the under-14 girls team and under-17 girls team had reached the finals, and started the day with high hopes of winning more silverware this season.

The first match was the under-14s, whose opposition was Cardiff City Ladies, and Dinas started the game as favourites having beaten their opposition twice previously this season.

Nevertheless Cardiff City started the match much brighter and scored two superb goals, one a long range shot and one from a counter attack.

However, Dinas Powys have not lost a match all season and they showed their team spirit, despite the fact that they had no substitutes available and a number of the players were carrying injuries.

They launched themselves ferociously at their opposition and had the misfortune of missing a penalty, but still this did not dampen their determination.

Eventually, after carving out many openings, striker Erin Murray managed to find the back of the net after a fine move, going into half time only 2-1 down.

In the second half a number of early chances were missed and the score stayed at 2-1 until the final 10 minutes, and it seemed that it wasn't going to be Dinas' day despite the pressure they were mounting.

However, after a fine run, left wing Jessica Cogbill tucked the ball into the back of the net and this raised Dinas' hopes for one last surge. A few minutes later, Erin Murray capped a fine team performance with a well-taken goal to leave the Dinas Powys players jubilant when the final whistle went, achieving a significant treble during this season of winning the League Cup, The South Wales Girls League and The South Wales Girls Tesco Cup.

It has clearly been a magnificent achievement and one the girls can be rightly proud of.

The game was immediately followed by the under -17 team final, and from Dinas Powys' perspective it was a complete reversal. The under-17 team side were out for revenge, having lost a narrow 4-3 match earlier on in the season to Landore from Swansea in the South Wales Girls League, and their attitude and commitment from the off could not be faulted.

The Dinas Girls went ahead within five minutes, with a 25-yard long range shot from captain Emily Jellings, who then repeated her achievement, putting the Dinas Powys girls 2-0 up.

A short while later, an unnecessary push in the box by one of the Landore defenders allowed Jordon Guard to take a well-executed penalty, and shortly thereafter Ellen Philips made it 4-0 from a goal mouth scramble.

The Dinas girls then missed a host of chances to put the game out of reach, and in fairness to Landore, they showed a tremendous fighting spirit and just before half time, scored an excellent goal from their left winger, worthy of Peter Whittingham himself!

The second half saw a great fight back from Landore, and they scored two more goals, with the Dinas girls hanging on for a 4-3 victory, which on the balance of the game was clearly deserved.

Congratulations to the players, parents and coaches of both the under-14s and under-17s team for their achievements that day, as well as the under-12s, who were narrowly defeated in their semi final, losing to the eventual winners on extra time. The season has proved to be another tremendous success for the girls section.

There was success for the boys under-15 side as well, when they clinched their league title!

JC

Sporting chance for the Sant Curig pupils at UWIC

LAST WEEK, the junior children at Ysgol Sant Curig were taken off to the National Indoor Athletic Centre at UWIC for their annual sports day.

Four coaches were organised to transport over 200 children and staff into Cardiff.

Once there, the children got to use the specialised equipment on offer, including the hurdles, shot putt, long jump pit and the children's favourite, the high jump.

After lunch, the real competition started with the four houses challenging each other in different events.

An exciting day finished dramatically with the green of 'Hafren' winning the final relay race to capture the Sports Day Shield.

A special thank you has to go to Miss Nia Davies and Mrs Catherine Jones for organising this wonderful event and a big thank you to all the parents that supported our day.

RJ

Holton Road under-14s win 'cracking' Cup final

HOLTON Road under-14s recently played Dinas Powys A at Jenner Park in the under-14s Cup final – it turned out to be a cracking match and a wonderful spectacle for the neutral.

ABOVE: Holton Road under-14s.

From the whistle, the game kicked off straight into a high tempo affair, Dinas Powys A showing that they meant business with a shot within the first few minutes that went wide.

Dinas continued to apply pressure, but as the game went on, Holton Road slowly but surely began to control the game. It wasn't long before the constant running of Billy Gratton on the right wing paid dividends.

A great cross in from the right found Zac Reed, who turned on his man, then let rip with a rocket of a shot, which flew past the keeper and into the back of the net.

A well deserved goal – Holton Road then upped the game. A number of chances came their way, but the second goal kept eluding them.

With only a few minutes to go to half-time and against the run of play, a long clearance from Dinas found their left winger, who ran straight at goal with only one thing on his mind. A cracking tackle was made by the Holton centre back, but the referee gave a penalty for holding back.

Up stepped the Dinas striker, who calmly popped the ball away, just evading the fingertips of Holton Road's goalkeeper, Rhys Edwards. Half-time score 1-1.

Dinas came out for second half with a renewed vigour, applying pressure on the Holton goal. The back four of Mason Childs-Brown, Jake Briscombe, Harri Williams and Morgan Spickett were immense, stopping everything that came at them.

The introduction of Danny Bruce changed the game. Holton Road now started to push for the winner, several chances coming their way, but still that second goal wouldn't come.

The midfield trio of Sean Pride, Sam Thompson and Ellis Grayson-Davies were now winning everything.

Then a clearance kick from Dinas was won in the air by Sam Thompson, who nodded it down neatly for man of the match Ellis Grayson-Davies to go on a surging run down the left flank. He took it past a couple of players, before releasing a lovely pass into the path of Travell Konten. With the Dinas keeper rushing off his line towards him, he stroked the ball home, 2-1. Holton Road had that elusive second goal.

The boys up front had run themselves into the ground, so fresh legs were put on in Callum Harding and Geraint Andrews. These two linked up almost straightaway to cause further problems for the Dinas defence.

The final whistle rang out, to the roar of the supporters who engulfed the Holton Road players on the pitch.

Many thanks to all the families and friends who turned up to cheer the boys on. Holton Road would like to say thank you to Unique Flooring for sponsoring the team's new tops for the final and many, many thanks to Chris and Marie Mort of CJ Contract Travel Services for this season's kit and their continued support of the team.

MARK THOMPSON

Dinas schoolchildren cross-question the AM

REGIONAL AM Chris Franks met pupils and teachers from St Andrews Church in Wales School, Dinas Powys when they visited the Senedd.

Pupils at the Senedd

Dinas Powys resident and Assembly Commissioner Mr Franks said: "I was delighted to meet pupils from the school council at St Andrews Church in Wales School. The pupils asked a series of questions about the work of Assembly Members.

"They specifically asked what I enjoyed about being an Assembly Member. I told them a very important part of the job was meeting the public and visiting local community organisations. I mentioned attending the launch of a scheme to help blind and partially sighted people to live independent lives.

"Also discussed was the questioning of Ministers and holding them to account. I hope pupils and teachers found their visit to the Senedd useful and enjoyable."

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Family Notices

ROBINS
Maureen
Suddenly, on May 26 at Llandough Hospital after a long illness patiently borne, Maureen of Rhoose.
Beloved wife of Christopher, a dearly loved mother of Derek, Guy and Paul. Resting at the Private Funeral Home of W James & Sons, Fonmon.
Funeral Tuesday June 8, service and cremation 2.15pm at Coychurch Crematorium, Bridgend. No flowers by request, donations in lieu if desired to Holme Tower Marie Curie Centre, Bridgeman Road, Penarth.

LLOYD
Barbara Joan
Peacefully with her family, Barbara, loving wife of the late Doctor Alan Thomas Lloyd of Ogmore-by-Sea. Much loved mother and grandmother. Funeral Service at Coychurch Crematorium on Monday 7 June 2010 at 1.15pm. No flowers by request. Donations if desired to MacMillan Cancer Support.

Lyn Jones
1930-2010
of Cowbridge, previously of Ynysybwl and Llwyncrwn Uchaf Farm.
who passed away after a short illness and 80 long, glorious years. Loving husband of Jean; beloved father to Carolyn and Isabel; adored Grandpa and Bompa to David, Anna, Morgan and Evan; father-in-law and revered DIY consultant to Simon and Dek; 'First Class Friend' to many and golfing legend to others.
Welsh youth tennis champion; rugby outside-half for Ynysybwl, Treorchy and Llantwit Fardre; member of Southerndown Golf Club for 42 years; founder member of Cowbridge Operatic Society; co-founder and lifetime member of Cowbridge Squash and Tennis Clubs; member of Pontfaen Probus Club, Freeman of Llantrisant.
Missed really more than words could ever explain but remembered with an inexhaustive supply of love, affection and anecdote.
A service and gathering to celebrate all of the above will be held at Coychurch Crematorium on Friday 4th June at 1.45pm.
No flowers by request, please. Donations in lieu of flowers to Cancer Research Wales c/o J.W. James, 11 Fonmon Road, Rhoose CF62 3DZ.

PARSONS
Mary
Joan, John and family give their sincere thanks to all who sent cards, messages of support and shared memories of Mum. A special thanks to everyone who looked after Mum throughout her life, also to Rev Norman Williams and Thomas Brothers, and donations given to George Thomas Hospice.

PICKFORD
Violet
Violet, formerly of Mountain Ash and Llantwit Major, passed away peacefully at Milsom House Nursing Home on Sunday May 30, 2010.
Funeral service at St Illtyds Church, Llantwit Major, on Tuesday June 8, at 9.45am, afterwards to Coychurch Crematorium. All enquiries and flowers to WA Brown & Son, Llantwit Major 01446 792489.

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Cardiff & the Vale of Glamorgan Schools Middle (Years 10 and 11) track & field championships - Cardiff International Sports Stadium

DAMP WEATHER FAILS TO HINDER VALE PUPILS AT LECKWITH ATHLETICS EVENT

Barry Comprehensive year-10 Callam Barrie on his way to victory in the 3,000 metres.

Year-11 James Glaves contributed 41.5 points to the winning team total of Bro Morgannwg boys.

Penllyn resident Caitlin Bryant (The Cathedral School), on her way to victory in the 3,000m.

The 300 metres winner was Ellie Carter (Bryn Hafren).

Report by PETE MORRIS
Pictures by IAN DIXON

AFTER dry afternoons for the Senior Cup and Championships, the middle pupils in years 10 and 11 had, for the second successive year, to contend with damp conditions for their Cardiff & the Vale Schools championships at Leckwith.

It was the hurdlers and high jumpers who suffered the most with the application of the safety rule of only pupils wearing spikes being allowed to compete. The girl javelin throwers also had to suffer, with only standing throws permitted.

Last year, 14 Vale pupils claimed titles, and, of that number, four won again this year, though not necessarily in the same event.

In that quartet were Scott Hewins (Llantwit), who retained his javelin title, Bethan Daw (St Cyres), who again outran the rest of the field in the 1,500 metres, and Lia Thomas (Bro Morgannwg), who claimed the triple jump win for the second year. The fourth member of the group was Eloise Laity (Westbourne). Eloise was the winner of the 800 metres at the under-15 championships in 2008, and claimed the middle title in that event last year.

At these championships, she was beaten over that distance by a record equalling run from Radyr year-11 Lucy Harvey but she should not be downhearted as, earlier in the programme, she had claimed a win in the 200 metres.

A further eight Vale pupils claimed wins at this fixture, with victory possibly leading to selection to represent Cardiff & the Vale of Glamorgan district at the Aviva Welsh Schools' National championships, which are to be held at Brecon on Saturday, July 3.

In the shot, St Cyres year-11 Ben Harding produced a top put of 13.70 metres to see off the challenge of his old rival Michael Daniels (Llantwit) and the young pretenders in year-10, while, in a low key triple jump contest, Kieron Laity gained victory for Bro Morgannwg.

On the track, Bryn Hafren year-11 Ellie Carter was in a class of her own over 300 metres while, despite the Cathedral School deciding not to take part in any Cardiff & the Vale Schools track and field competitions this summer, it was good to see Caitlin Bryant competing over 3,000 metres and taking the win.

In the boys' events, Barry Comprehensive year-10 Callam Barrie made it a Vale double with a win in the boys' 3 km.

There are two team competitions at these championships, with the top 16 athletes in each event scoring points for their school, from 17 for a win down to one point for 16th place.

With that in mind, staff from Bro Morgannwg and Llantwit will have been delighted at the wins from their girls in the shot, discus and javelin. Year-11 Jessica Richards (Llantwit) took the shot title while Bro Morgannwg duo Lisa Williams and Leanne Kelland won the discus and hammer respectively.

While the focus has been on Vale winners, mention must also be made of Bro Morgannwg year-11 James Glaves. The Bonvilston resident missed out on a title but finished fourth in the sprint hurdles final, third overall in the 400 metres hurdles time-trials and equal second in the high jump to gain a total of 41.5 points for his school.

After a number of years of success in this age group, the staff and pupils from Bro Morgannwg missed out on the two top spots, losing out to Cardiff High in the boys' section and to Whitchurch in the girls.

Thankfully, with good staff organisation and willing pupil support, the Barry-based school were back at the top this year racking up 357 points in the boys' competition to defeat Cardiff High by four points, and sharing the girls' trophy with Whitchurch on a score 223.5 points.

The individual and team winners will receive their awards and trophies at the Cardiff & the Vale of Glamorgan Schools' Track and Field presentation evening at Cardiff High School on Tuesday, September 7, starting at 7 pm. This is the day after school re-starts for the autumn term in the Vale.

The standard of organisation at these school fixtures is of high quality, but it could not be achieved without the help of a number of experienced officials and volunteers from outside the teaching profession.

The association would like to record its thanks to Vale-based Messrs Elward, Matthews, Nicholson and Dixon.

John Elward and Keith Matthews are the top two starters in Wales, while Ted Nicholson provides vital first aid cover. All three are based in Barry.

Ian Dixon takes the high quality photographs, which add so much to these reports. Thank you, gentleman!

Results of Vale pupils: **Middle boys – individuals:** 100:Ht 1 ws: -1.4: 3 Joe Green (St Cyres) 12.5; 4 Zac Deere (Bro M) 12.6; Ht 2 ws: -0.8: 1 Arran Reid (Barry) 12.0; 5 Luke Daws (Lwt) 13.2; 6 Andrew Westcott (Cow) 13.3; Ht 3 ws: -0.8: 3 Tom Perry (Bro M) 12.7; 6 Nicholas Taylor (StRichG) 13.8; 7 Saeed Esa (St Cyres) 13.9; Ht 4 ws: -0.7: 6 Sam Street (Cow) 13.1; 7 James Jackson (StRichG) 14.7; Final ws: -0.9: 3 Arran Reid (Barry) 11.7; 5 Joe Green (St Cyres) 12.2; **200**: Ht1 ws: -0.3: 1 Joel Beavis (Bro M) 25.3; 4 George Lee (Lwt) 26.2; Ht2 ws: -0.2: 1 Ben Harding (St Cyres) 24.6; 2 Jack Laidlaw (Cow) 25.6; 3 Michael West (Lwt) 26.1; 6 Shanon Horrigan (StRichG) 26.9; Ht3 ws: -0.9: 3 Joe Green (St Cyres) 24.6; Ht4 ws: -0.1: 4 Sam Norman (Bro M) 25.8; 5 Connor Doyle Barry 26.3; 7 Christian Walters (Cow) 27.6; Fin ws: -0.7: 3 Ben Harding (St Cyres) 24.3; 5 Joe Green (St Cyres) 24.9; 7 Joel Beavis (Bro M) 25.2; **400**: Ht 1: 1 Wesley Burns (Bro M) 54.6; 4 Corey Hill (Barry) 62.3; 6 Jodie Dean (StRichG) 67.7; Ht 2: 3 Jacob Thomas (St Cyres) 61.3; 4 Connor Doyle (Barry) 64.7; 5 Daniel Davies (StRichG) 66.4; Ht3: 1 Alex Simon (Lwt) 56.2; 2 Emyr George (Bro M) 57.1; Ht4: 3 Josh Drew (Lwt) 59.0; 5 Oliver Hitchings (Cow) 61.8; 6 James Griffiths (Cow) 68.5; Fin: 3 Wesley Burns (Bro M) 55.3; 4 Alex Simon (Lwt) 55.9; 6 Emyr George (Bro M) 57.2; **800:** Ht 1: 2 Charlie Halpin (St John's) 2:15.5; 5 Dan Owen (Lwt) 2:24.4; 7 Rhidian Mephan (Bro M) 2:30.9; 8 Alastair Richards (Cow) 2:35.7; 9 Damian Robinson (Barry) 2:39.1; Ht2: 1 Tiernan Scott (Bro M) 2:17.2; 4 Rhys Griffin (Cow) 2:24.9; 7 Andrew Williams (Lwt) 2:30.7; 11 Brendon O'Hare (StRichG) 2:42.1; 12 Rhys Fazloodin (Barry) 2:47.1; Fin: 2 Charlie Halpin (St John's) 2:15.0; 3 Tiernan Scott (Bro M) 2:17.9; 8 Dan Owen (Lwt) 2:24.8; **1,500**: 2 Mathew Edwards (Barry) 4:23.8; 4 Daniel Lewis (St Cyres) 4:58.5; 6 Einan Scott (Bro M) 5:02.4; 9 Abdel Bouliache (St Cyres) 5:06.2; 17 Stuart Fleming (Cow) 5:32.7; 3,000: 1 Callam Barrie (Barry) 10:30.5; 2 Rhys George (Bro M) 10:44.2; 3 Tom Kamal (Cow) 11:05.8; 6 Richard Pilcher (Bro M) 11:35.4; 7 Dillon Morgan (Cow) 11:41.7; **100 Hur**: Ht 1 ws: 0.2: 3 Harry Hitchcock (Cow) 17.4; 4 Joel Beavis (Bro M) 18.1; 7 Saeed Esa (St Cyres) 20.7; Ht 2 ws: -0.8: 2 James Glaves (Bro M) 16.2; 5 Ashley Wilson (Cow) 19.4; 6 Andrew Westacott (Cow) 20.2; 7 Nicholas Taylor (StRichG) 20.5; 8 Jay Foscolo (Barry) 21.3; Fin ws: -1.0: 4 James Glaves (Bro M) 16.9; 7 Harry Hitchcock (Cow) 17.0; 8 Joel Beavis (Bro M) 17.4; **400 Hur**: 3 James Glaves (Bro M) 65.2; 8 Kieron Laity (Bro M) 70.7; 9 Jay Foscolo (Barry) 75.8; **1,500** Sc: 2 Callam Barrie (Barry) 5:29.3; 4 Luke Hannon (Bro M) 6:14.3; 6 David Sami (Cow) 6:36.5; **HJ**: 2= James Glaves (Bro M) 1.60; 8= Jason Butcher (Bro M) 1.55; 10 Harry Trotman (Cow) 1.50; 12 Josh Albertides (Barry) 1.50; 13= Josh Thomas (Cow) 1.45; 17 Connor Craythorne (Lwt) 1.40; 18 Jamie Robinson (Lwt) 1.35; **PV**: 3 Jake Connelly (Bro M) 2.40; 5 Rhidian Mephan (Bro M) 2.40; **LJ:** 3 Sam Norman (Bro M) 5.84; 7 Jack Laidlaw (Cow) 5.04; 8 Lloyd Martin (Bro M) 5.03; 11 George Lee (Lwt) 4.97; 13 Ben Ware (Stan) 4.83; 15 Andrew Westcott (Cow) 4.78; 18 Arran Reid (Barry) 4.69; 19 Jamie Robinson (Lwt) 4.59; 20 Corey Hill (Barry) 4.57; 21 Andrew Breed (St Cyres) 4.55; 24 Ashley Wilson (St Cyres) 4.42; 28 Liam Tucker (StRichG) 4.23; 30 Nick Taylor (StRichG) 3.95; **TJ**: 1 Keiron Laity (Bro M) 11.48; 2 Zac Deere (Bro M) 11.42; 7 Jack Laidlaw (Cow) 11.03; 11 Luke Dawes (Lwt) 10.89; 13 John Conkey (Lwt) 10.67; 15 James Hendy (Cow) 10.14; 16 William Powell (Barry) 9.92; 17 Corey Hill (Barry) 9.90; 20 Louis Allen (Stan) 9.28; **SP**: 1 Ben Harding (St Cyres) 13.70; 2 Gus McPherson (Cow) 12.87; 3 Michael Daniels (Lwt) 12.51; 6 Sam Norman (Bro M) 11.36; 13 Dillon Morgan (Cow) 10.54; 14 Lloyd Martin (Bro M) 9.86; 15 Jack Blanfield (Barry) 9.85; 18 Nial Griffiths (StRichG) 8.33; 19 Liam Tucker (StRichG) 8.07; **DT**: 3 Tom Perry (Bro M) 31.90; 5 Einon Scott (Bro M) 24.83; 8 Corey Gorman (Cow) 23.10; 9 Matthew Jones (Lwt) 22.66; 10 Kurt Fackrell (Cow) 21.85; 14 Jack Austen (Lwt) 20.91; 15 Mitchell Carter (StRichG) 20.76; 21 Rhys Fazloodin (Barry) 16.98; **HT:** 3 Scott Hewins (Lwt) 27.70; 6 Tom Warren (St Cyres) 22.64; 7 Tom Perry (Bro M) 22.17; 9 Dillon Morgan (Cow) 20.75; 10 Richard Pilcher (Bro M) 20.65; 12 Gus McPherson (Cow) 18.85; 14 Mitchell Carter (StRichG) 17.72; **JT**: 1 Scott Hewins (Lwt) 43.25; 4 Tiernan Scott (Bro M) 34.72; 5 Sam Robert (Cow) 33.87; 7 Sam Middlemiss (St Cyres) 33.39; 11 Richard Pilcher (Bro M) 29.69; 14 Dave Evans (Lwt) 27.75; 15 Louie Allen (Stan) 26.63; 16 Rhys Fazloodin (Barry) 25.78; 18 Mitchell Carter (StRichG) 22.45; 20 Dan Roderick (Barry) 20.40; 21 James Griffiths (Cow) 20.09; **2Km walk**: 5 Brendan O-hre (StRichG) 13:30.8; **4 x 100**: Ht 1: 3 Llantwit 48.5; 5 Cowbridge 49.8; 7 St Richard Gwyn 57.2; Ht 2: 3 Bro Morgannwg 48.5; 5 St Cyres 52.5; Barry Disq; Fin : 2 Bro Morgannwg 48.1; 7 Llantwit 49.6.

Teams: 1 Bro Morgannwg 357; 6 Cowbridge 163; 8 Llantwit Major 124; 9 St Cyres 109; 12 Barry Comprehensive 80; 16 St Richard Gwyn 25; 20 Stanwell 6.

Middle girls – individuals: 100: Ht 1 ws: -0.4: 2 Jess Hayes (Cow) 14.4; 3 Shanelle Edwards (Bro M) 14.7; 5 Rhia Dutton (Bryn H) 15.2; 7 Kaie McCloud (Stan) 16.5; Ht 2 ws: 0.3: Abi White (Stan) disq; Ht 3 ws: -0.8: 2 Zoe Stephens (Bro M) 14.3; 3 Mollie Kane (StRichG) 14.4; 4 Romy Killick (Cow) 14.7; 6 Danielle Close (Bryn H) 15.6; Final ws: -1.1: 6 Zoe Stephens (Bro M) 14.4; 7 Mollie Kane (StRichG) 14.6; 8 Jess Hayes (Cow) 14.8; **200:** Ht1 ws: -0.2: 4 Emma Worrell (Lwt) 30.6; 7 Sophie Lloyd (Cow) 32.3; Ht2 ws: -1.0: 2 Eloise Laity (West) 27.8; 4 Danielle Edgerton (Bro M) 31.7; 5 Alice Lewis (Bryn H) 32.5; 6 Ainsley Vines (StRichG) 32.9; Ht3 ws: -0.4: 2 Maisie Matthews (Bro M) 29.0; 4 Chaliese Ludvigsen (Bryn H) 31.3; Fin ws: -0.7: 1 Eloise Laity (West) 27.1; 5 Maisie Matthews (Bro M) 30.2; 7 Danielle Edgerton (Bro M) 34.0; **300**: Ht 1: 4 Danielle Close (Bryn H) 52.8; 5 Amy Wright (Bro M) 53.2; 6 Lydia James (Cow) 54.6; 7 Jessica Lewis (StRichG) 55.2; Ht 2: 1 Ellie Carter (Bryn H) 45.8; 2 Maisie Matthews (Bro M) 48.1; 7 Ainsley Vines (StRichG) 54.3; Fin: 1 Ellie Carter (Bryn H) 46.9; **800:** 2 Eloise Laity (West) 2:24.8; 4 Rachel Bradshaw (Cow) 2:52.8; 11 Lisa Williams (Bro M) 3:01.8; 12 Ella Hughes (Lwt) 3:05.7; 13 Beatrice Hacker (Cow) 3:07.4; 16 Lauren Westlands (Lwt) 3:10.2; 17 Jody Price (Bryn H) 3:12.3; 18 Sophie Thomas (Bryn H) 3:14.6; 19 Abi White (Stan) 3:16.4; 21 Aysha Clarke (Bro M) 3:50.4; 22 Nicola Anderson (StRichG) 4:26.0; **1,500**: 1 Bethan Daw (St Cyres) 4:56.2; 7 Anthea Young (Lwt) 6:08.0; 8 Sarah Herbert (Bryn H) 6:41.9; 9 Danielle Edgerton (Bro M) 6:44.3; 10 Rosie Dent (Cow) 6:48.2; 11 Verity Morgan (Cow) 6:54.3; 13 Sam Chambers (Bryn H) 7:20.2; **3,000**: 1 Caitlin Byrant (The Cathedral) 11:40.1; 2 Fiona Bray (Cow) 11:42.9; 4 Katie Wynne (Cow) 13:16.8; **80H**: Ht 1 ws: -0.9: 2 Chloe Phillips (Lwt) 14.8; 6 Molly Llewellyn (Cow) 16.6; 8 Megan Thomas (Bro M) 21.6; Ht 2 ws: 0.3: 3 Natalie Parsons (Lwt) 14.4; 4 Zoe Stephens (Bro M) 16.1; 5 Georgina Jackson (Cow) 16.6; Ht3 ws: 0.3: 1 Brenna Organ (Bryn H) 16.5; 3 Rhia Dutton (Bryn H) 16.8; Final ws: -0.1: 4 Natalie Parsons (Lwt) 14.5; 5 Chloe Phillips (Lwt) 15.1; 8 Brenna Organ (Bryn H) 15.9; **300H**: 2 Chloe Phillips (Lwt) 54.6; **HJ**: 2 Becky Thomas (Cow) 1.45; 5 Emma Worrell (Lwt) 1.35; 6 Megan Thickpenny (Bryn H) 1.35; 7 Maisie Matthews (Bro M) 1.35; 8= Meg Thomas (Bro M) & Molly Frost (Cow) 1.35; 11 Natalie Parsons (Lwt) 1.30; 12= Danielle Green (StRichG) 1.25; 16 Brenna Organ (Bryn H) 1.25

LJ: 2 Lucy Taylor (Lwt) 4.40; 6 Ellie Carter (Bryn H) 3.94; 7 Sidony Crowther (Lwt) 3.92; 8 Lia Thomas (Bro M) 3.91; 9 Zoe Stephens (Bro M) 3.89; 10 Jess Tidely (Cow) 3.84; 13 Danielle Green (StRichG) 3.73; 15 Chloe Westall (StRichG) 3.65; 20 Sarah Herbert (Bryn H) 3.21; **TJ:** 1 Lia Thomas (Bro M) 8.58; 2 Meg Thomas (Bro M) 8.56; 4 Jess Tideley (Cow) 8.25; 5 Megan Thickpenny (Bryn H) 8.25; 6 Blenner Olgen (Bryn H) 8.05; 8 Georgina Jackson (Cow) 7.71; 9 Danielle Davies (Lwt) 7.71; **SP**: 1 Jessica Richards (Lwt) 7.50; 3 Jess Hayes (Cow) 7.02; 4 Bethan Moorcraft (Cow) 6.70; 7 Harriet Vaughan (Bro M) 6.49; 8 Bethan Davis (Bro M) 6.48; 9 Jessica Hill (StRichG) 6.42; 10 Elise Tyler (Bryn H) 6.37; 11 Jessica Jackson (Bryn H) 6.36; 16 Nicola Anderson (StRichG) 6.15; 18 Amy O'Callaghan (St Cyres) 5.94; 21 Hannah Foat (St Cyres) 5.35; 23 Megan Davies (Lwt) 4.75; **DT**: 3 Lisa Williams (Bro M) 17.26; 7 Emily Jennings (St Cyres) 15.50; 11 Jessica Jackson (Bryn H) 14.90; 12 Amy Taylor (Cow) 14.80; 13 Jessica Richards (Lwt) 14.54; 14 Chloe Westall (StRichG) 14.25; 15 Bethan Davis (Bro M) 14.00; 16 Lydia James (Cow) 13.36; 18 Megan Thickpenny (Bryn H) 12.98; 20 Hannah Foat (St Cyres) 12.93; **HT:** 1 Leanne Kelland (Bro M) 23.27; 2 Bethan Moorcraft (Cow) 21.65; 4 Elise Tyler (Bryn H) 16.28; 5 Bethan Davis (Bro M) 14.57; 7 Amy Taylor (Cow) 11.86; **JT**: 2 Ella Hughes (Lwt) 19.27; 3 Fern Mason (Bro M) 18.63; 4 Molly Chapman (StRichG) 18.36; 10 Sarah Herbert (Bryn H) 14.32; 11 Katie Bradbury (Cow) 14.19; 12 Sky Morham (StRichG) 13.17; 13 Danielle Davies (Lwt) 12.74; 16 Danielle Close (Bryn H) 11.96; 18 Aysha Clark (Bro M) 11.80; 19 Eloise Johnson (St Cyres) 11.71; 25 Jessica Oliver (Cow) 8.73; 27 Amy Whatham (St Cyres) 6.17; **4x100**: Ht 1: 4 Bryn Hafren 58.2; 5 Cowbridge 58.6; 6 Llantwit 59.4; 7 St Richard Gwyn 61.5; Ht 2: 2 Bro Morgannwg 56.8; Fin: 5 Bryn Hafren 58.5; 7 Bro Morgannwg 60.7; 8 Cowbridge 60.8.

Teams: 1= Bro Morgannwg 223.5; 3 Cowbridge 214; 5 Llantwit Major 164; 6 Bryn Hafren 157; 12 St Richard Gwyn 69; 16 Westbourne 32; 18 St Cyres 27; 19 The Cathedral 17.

Under-10s look back on season

***LEFT:** After a good season, Llantwit Major under-10 lions have thanked Louise England and SITESERV for supporting the team. The Lions look forward to continued support in the years to come.*

Darts league tables

THE final darts league tables for the Llantwit Major and District Darts League are:

A League

Kings Head 1	117
Golden Cups	109
Wenvoe Arms	101
Blacksmiths Arms 1	99
Kings Head 2	92
Shoes Peterston	88
Rugby Club	87
Kings Cup	77
Lamb & Flag	75
Fox & Hounds	58
Four Bells	57
Blacksmiths Arms 2	40

C League

Shoes Marcross	135
Kings Cup	120
Lamb & Flag	118
Kings Head 1	106
Farmers Arms	103
Carpenters Arms	90
Kings Head 2	53
Rugby Club	52

DC

Sponsored bike ride

PETERSTON super Ely Church in Wales Primary School PTA will be holding their annual sponsored bike ride/big toddle on Sunday, June 13, from 10am; barbecue and festivities from 12pm. All welcome.

Children will be taking the following route: starting at the school and passing through Gwern-y-Steeple and Pendoylan, turning right at Clawdd Coch, passing over the railway crossing to Peacock's Hill and back to the school.

Motorists need to use this route with caution between 10.30am-1.30pm.

Pair of wins for Llantwit ladies bowlers

LLANTWIT MAJOR ladies bowls team played against Cowbridge at home in the Cowbridge Challenge Shield and won on all rinks, gaining 10 points.

The rinks were Kay Johnes, Ann Mutlow, Marian Lewis and Carol Willmot 17–11; Edna Hardie, Val Baelz, Etta Gray and Eryl Nicholls 16–8; and Liz Crouch, Margaret Morgan, Peggy Pike and Jean Voss 21–10.

On Thursday, the team travelled to Cadoxton for a league match. The rink was difficult, but they managed to win on two rinks and lost on one, gaining eight points.

The rinks were Edna Hardie, Margaret Morgan, Peggy Pike and Marian Lewis 21–14; Liz Crouch, Hilary Allan, Jean Voss and May Davies 14–16; Kay Johnes, Ann Mutlow, Carol Willmot and Etta Gray 17–12.

BOWLING CLUB HELPS OUT MACMILLAN WITH CHEQUE

ABOVE: The Cowbridge ladies hand over their cheque,

WHEN the ladies at Cowbridge Bowling Club decided to hold a coffee morning for Macmillan Cancer Support back in April, they never dreamt that it would raise the fantastic amount of £513.80!

Sue Pickin, fundraising manager for Macmillan, went along on a beautiful sunny afternoon to present the team with a well-earned certificate.

Sue said: "We are very grateful to everyone for their hard work, and the ladies certainly put the fun into fundraising. With 112,000 people living with cancer in Wales, our services are never more needed, and with the help of the ladies team at Cowbridge Bowling Club, we will be one step nearer to realising our ambition to reach everyone affected by cancer."

Pat Davey, president, and Kay Edwards, social secretary said: "We were absolutely thrilled with the amount raised. Our coffee morning is set to become an annual event and we hope to raise even more money next year for this very worthwhile cause.

Ladies' away form is suffering

THE Cowbridge ladies team is still struggling away from home.

It has faced some strong teams early in the season including Llantwit ladies, who were the Tuesday opponents for the second time in seven days.

This time, in a Cowbridge Shield match, Llantwit won again, and on all three rinks, by 54 – 29.

Rink scores were: Sue Flower team 11–17, Joy Woolford team 10–21 and Janet Legg's team 8–16.

The fixture list shows that Llantwit play Cowbridge twice in July at Cowbridge. The home team will be keen to win both of these matches.

Home advantage played a big part in the Thursday home league game against Barry Central.

Also a factor was that the Barry club was weakened not able to raise a full team.

The result was an overwhelming win for Cowbridge on all 3 rinks and by 94 shots to 27.

Joan Bradley's team, with support from captain Diane Purnell as lead, Glenys Davies at two and Ann Jarvis at three won by 44 – 5.

Other rink scores: Pat Davey's team 25–12 and May Jones' team 25–10.

In its only game of the week, the men's team travelled to Barry to play Barry Plastics.

The Barry club's sprinkler system had broken down and the warm dry weather had turned the green yellow and brown and almost grassless.

The fast surface should have been to Cowbridge's advantage but players on both sides had difficulty in finding a consistent weight of delivery.

However, it was a comfortable win for the Barry team by 82 shots to Cowbridge's 42.

Barry also won on three of the four rinks.

Only Michael Bradley's quartet of Ron Frayling leading, Colin Wilson at two and Steve Dickens at three and Michael as skip was able to match Barry and produce an exciting finish.

Going into the 18th and last end, the Cowbridge rink was down by two shots but secured a four shot count to win 17–15.

Other rink scores: Byron Richards team 8–22, Norman Wilkinson team 15–27 and Dennis Snelling team 12–18. **MB**

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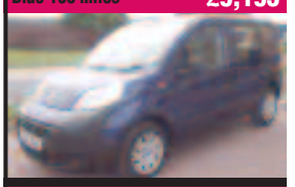
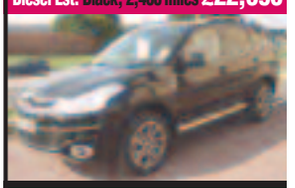
Nemo Multispace 1.4i 8v 5dr Estate
Blue 150 miles £9,195



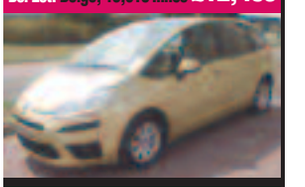
C-crosser 2.2 HDi Exclusive 5dr Auto DCS Diesel Est. Black, 2,400 miles £22,695



C2 1.6i 16v Code 3dr Hatch Sp Eds
Grey, 16,873 miles £7,495

CITROEN Berlingo				
56	1.9D 600Kg Enterprise Diesel	White	22115 miles	£4,995
58	1.6 HDi 625Kg LX 75ps L1 Diesel	White	9175 miles	£8,625
CITROEN Berlingo Multispace				
07	1.6i 16V Forte 5dr Estate	Red	37485 miles	£5,995
CITROEN C-Crosser				
59	2.2 HDi Exc 5dr Auto DCS Estate	Black	2400 miles	£22,995
CITROEN C1				
09	1.0i VT 3dr Hatch	Grey	8000 miles	£6,495
07	1.0i Rhythm 5dr Hatch	Grey	9099 miles	£6,495
07	1.0i Rhythm 5dr Hatch	Blue	1550 miles	£5,995
07	1.0i Vibe 3dr Hatch	Yellow	40475 miles	£4,995
CITROEN C2				
58	1.6i 16v Code 3dr Hatch Sp Eds	Grey	16873 miles	£7,495
08	1.1i Cool 3dr Hatch Sp Eds	Silver	25238 miles	£6,995
08	1.1i Cool 3dr Hatch Sp Eds	Black	19157 miles	£6,995
CITROEN C3				
09	1.4 VTi 16v Exclusive 5-dr Hatch	Blue	2750 miles	£11,995
08	1.4i Vibe 5dr Hatch	Blue	8161 miles	£6,995
07	1.6i 16V SX 5dr Auto Hatch	Red	36895 miles	£6,995
07	1.4i Desire 5dr Hatch Special Edition	Silver	9654 miles	£6,495
55	1.4i Desire 5dr Hatch Special Edition	Grey	45136 miles	£4,995
07	1.4i SX 5-dr Hatch	Silver	15500 miles	£5,995
07	1.4i Desire 5dr Hatch Special Edition	Grey	28161 miles	£5,995
55	1.6 HDi 16V Exc 5dr Diesel Hatch	Blue	56500 miles	£5,995
08	1.4i Rhythm 5dr Hatch	Blue	12091 miles	£7,495
08	1.4 HDi Cachet 5dr Hatch Sp Edition	Grey	29617 miles	£7,995
02	1.6i 16V Exclusive 5dr Hatch	Silver	43501 miles	£3,995
59	1.4i VTR 5dr Hatch	Black	2543 miles	£8,995
55	1.6 HDi 16V SX 5dr Diesel Hatch	Blue	35000 miles	£5,995
CITROEN C4				
08	1.6i 16V Cool 3dr Coupe Sp Eds	Grey	11000 miles	£7,495
57	1.6HDi 16v by LOEB 3dr Coupe Sp Eds	Black	40000 miles	£8,495
07	1.6i 16V SX 5dr Auto Hatch	Silver	44268 miles	£6,495
07	1.6i 16V SX 5dr Auto Hatch	Black	32489 miles	£6,495
07	1.6i 16V SX 5dr Hatch	Blue	32661 miles	£6,995
59	1.6i 16V THP VTS 3dr Coupe	Blue	2967 miles	£12,995
07	1.6i 16V VTR Plus 3dr Coupe	Grey	22698 miles	£7,495
CITROEN C4 GRAND PICASSO				
08	1.6 16V VTi VTR Plus 5dr Estate	Silver	11000 miles	£11,495
07	2.0i 16V VTR Plus 5dr EGS Estate	Mauve	21520 miles	£10,995
07	1.6HDi 16V VTR Plus 5dr EGS Diesel Estate	Blue	34294 miles	£10,995
07	1.8i 16V LX 5dr Estate	Silver	13126 miles	£9,295
CITROEN C4 PICASSO				
09	1.6HDi VTR Plus 5dr EGS [5 Seat] Dsl Est	Mauve	13952 miles	£13,995
08	2.0HDi 16V Exclusive 5dr EGS [5 Seat] Diesel Estate	Silver	36302 miles	£13,495
07	2.0HDi 16v VTR Plus 5dr [5 Seat] Diesel Estate	Beige	13610 miles	£12,495
CITROEN C5				
08	2.0 HDI 16V Exclusive 4dr Diesel Saloon	Black	30400 miles	£13,995
06	C5 2.0 HDi 16V VTR 5dr Diesel Estate	Grey	50000 miles	£7,995
06	2.0 HDi 16V Exclusive 5dr Diesel Hatch	Silver	35000 miles	£7,995
05	2.0 HDi 16V VTR 5dr Diesel Hatch	Green	81000 miles	£4,995
CITROEN Nemo Multispace				
59	1.4i 8v 5dr Estate	Blue	150 miles	£9,195
CITROEN DISPATCH				
09	1000 1.6 HDi 90 H1 Van L1 Diesel	White	12,834 miles	£9,995+VAT
CITROEN RELAY				
59	2.2 HDi H1 Van 100ps 30 L1 Diesel	White	334 miles	£11,995
CITROEN Ds3				
10	1.6 THP 16V DSport 3dr Hatch	Black	606 miles	£14,995
CITROEN XSARA				
03	1.6i 16V Desire 5dr Estate Special Eds	Blue	18649 miles	£2,995
CITROEN XSARA PICASSO				
07	1.6i 16V Exclusive 5dr Estate	Red	17406 miles	£7,495
57	1.6i 16V Desire 5dr Estate	Brown	27916 miles	£7,295
55	2.0 HDi Exclusive 5dr Diesel Estate	Silver	52000 miles	£5,995
06	1.6i 16V LX 5dr Estate	Silver	24900 miles	£5,495
02	1.8i 16V SX 5dr Estate	Mauve	44578 miles	£3,995
07	1.6i 16V VTX 5dr Estate	Silver	31077 miles	£6,995
05	1.6i LX 5dr Estate	Red	24000 miles	£5,295
08	1.6i 16V Desire 5dr Estate	Brown	9000 miles	£7,995

C4 Picasso 2.0HDi 16V VTR 5dr EGS
Dsl Est. Beige, 13,610 miles £12,495



C4 1.6i 16V VTR Plus 3dr Coupe
Grey, 22,698 miles £7,495

C3 1.6i 16V SX 5dr Auto Hatch
Red, 36,895 miles £6,995

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Olympic ace Matt launches new Vale running centre

OLYMPIC 400 metre runner Matt Elias recently launched the new specialist Running School Centre at the world class Vale Resort.

The Vale-based athlete's running biomechanics, movement patterns and running style were analysed by one of the UK's leading running technique coaches, and the founder of the running school, Mike Antoniades.

Mike Antoniades, has worked with clients including teams and athletes from Chelsea FC, Chelsea Academy, (where he worked for four years) Arsenal, Fulham FC, Blackburn, Crystal Palace, QPR and West Ham.

He commented: "We are delighted to be setting up a running school programme in partnership with the Vale Resort.

"We believe our specialist running and multi-directional speed programmes will be of huge benefit to both recreational runners and many of the elite athletes, such as Matt, based at The Vale Resort.

ABOVE: Matt Elias on the treadmill.

"Our programmes are also available to adults and children who live in the surrounding areas and can improve performance, in terms of speed development and movement efficiency and reduce the risk of injury."

After the video analysis, Matt commented: "To be able to train and have your session analysed through video immediately afterwards offers a fantastic tool for younger athletes to develop better running technique, improve performance and reduce their long-term risk of injury."

Also taking part in the launch event was recreational runner and Vale Resort member Alison Nicholas, who has completed five out of the six sessions of the running school programme for recreational athletes.

"My time at the running school has helped improve my long-term hip injury, along some ongoing physiotherapy sessions.

"Through regular running sessions, I have now no pain in my hip joint and feel much fitter and stronger. I will continue to use the running school every week in order to maintain my fitness goals and future performance."

Wanderers' Seconds miss vital catches

THE Wanderers Second XI made the short journey to Penarth to play against their old rivals.

On a sunny but blustery day, the Wanderers stand in skipper Mark Ellis won the toss and elected to get runs on the board and bat on what looked like a good track.

The returning Luke Denning was quickly off the mark with an excellent shot off the first ball of the innings and batted very well for his 16 before getting caught off Laxton.

Thomas and Denning quickly followed and when Ferguson was caught for 13 the score was 63 for 4 and the Wanderers were in trouble.

Ellis steadied the ship and with the sprightly Coleman at the other end, the pair frustrated the hosts with quick running between the wickets.

Ellis eventually opened up and increased the run rate, scoring his first 50 of the season before being bowled by Laxton, with the partnership being worth 108.

Johnson hit some lusty blows in his 14 not out and Peter Coleman batted through the full 45 overs for a solid 60 not out.

The Wanderers total of 195 for 5 off 45 overs was about par on a big outfield.

The Penarth innings started after a superb tea and the Wanderers got an early wicket when James was caught by Thomas for 1, and when Mantell bowled Rowlands, the home side were 32 for 2.

However, a fine partnership of 71 between young Hitchen and Haines moved Penarth onto 93 before John Williams got the much needed breakthrough.

Williams also managed to get Hitchen caught for 33 and Morgan bowled for one.

A quickfire 21 from Griffiths enabled Penarth to stay in the game before Williams struck yet again.

The old adage of 'catches win matches' struck again for the Wanderers with five costly drops.

Coleman was the main culprit dropping three difficult chances, enabling Penarth's captain S Newman to post his 50 and the winning shot through extra cover in the 41st over.

Newman had great support from young Harrison who showed composure beyond his years to steer the home side to victory.

Barry Wanderers Sofa Sofa Man of the Match: John Williams.

FIRST TEAM

The firsts were successful at Hayes Point in the reverse fixture, coming out victors by 100 runs, Aled Hughes top scoring with 91 and Ed Sherriff scoring yet another half century.

In the midweek fixtures, the season opener saw BWCC rack up an impressive 181 without loss against Creigiau. Sherriff (91) and Dean Thomas (57) were both not out. With Mantell taking 4 for 4, Creigiau were never in it and BWCC won by 107 runs.

Next up were the Internationals a week later. With the game starting 20 minutes late due to a variety of reasons, the Internationals scored a competitive 178 off 20 overs.

BWCC were sometimes generous in the field, but overall stuck to their task well. Skip Fenton took one of his trademark one-handed running catches and Dean Thomas then batted beautifully for the second successful week for another 50 ably assisted by Dave Johnson.

The game finished at 9.10pm in darkness, with the home side falling three runs short. What might have happened if the game had finished in daylight?

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175/70R14 Bridgestone B250	£59.48	£112	£210	175/70R14 Avon ZT5	£47.46	£92	£175	175/70R14 Tread	£33.60	£62	£115
175/65R14 Bridgestone B250	£52.89	£89	£170	175/65R14 Avon ZT5	£41.34	£79	£150	175/65R14 Tread	£33.12	£60	£115

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185/60R14 Bridgestone B250	£65.49	£120	£230	185/60R14 Avon ZV3	£52.34	£98	£190	185/60R14 Tread	£35.22	£67	£130
185/60R15 Bridgestone EH300	£73.64	£132	£255	185/60R15 Avon ZV3	£56.23	£105	£200	185/60R15 Tread	£37.25	£70	£135
195/60R15 Bridgestone B250	£82.14	£108	£205	195/60R15 Avon ZV3	£52.21	£100	£190	195/60R15 Tread	£38.47	£73	£140

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195/65R15 Bridgestone EH300	£63.79	£110	£210	195/65R15 Avon ZV5	£54.34	£101	£195	195/65R15 Maxxis	£46.86	£85	£160
205/55R16 Bridgestone EH300	£72.86	£125	£240	205/55R16 Avon ZV5	£65.29	£125	£240	205/55R16 Maxxis	£54.71	£100	£190

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225/45R17 Bridgestone RE050	£103.84	£199	£390	225/45R17 (1) Avon ZV5	£90.23	£175	£330	225/45R17 Hiro	£55.93	£105	£195
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Barry Athletic turn on the style in Carruthers Shield

by CLIVE PHILLIPS

BARRY Athletic Bowls Club breezed through to the knock-out stages of the prestigious Carruthers Shield competition with yet another runaway qualifying round victory.

They ran up their fourth successful group win with an impressive 95 – 60 win over Maesteg Welfare at Barry Island last Saturday.

The Athletic have produced outstanding bowling in their qualifiers and need to maintain their current form when they come up against stiffer opposition later this month.

Skips Glyn Thomas and Robert Horgan were in sparkling form and both raced to big wins. Glyn came in with a 24–8 card and Robert was close behind with a 30–15 triumph. Chris Blake and Dean Rees won their rinks to make it a clean sweep for Athletic.

Scores : Barry Athletic v Maesteg Welfare

S McKernan, C Spillane, K Harris, G Thomas 24 T Summers, P Richards, T Hoare, M Trigg 8;

D Snelling, J Donovan, B Parrish, C Blake 24 D Lloyd, D Jones, D Rees, P Davies 21;

J Beanland, D K Williams, G Whittaker, D Rees 17 A Burrows, J Croke, E Jones, G Evans 16;

L Stanley, D Jones, C Wright, R Horgan 30 D John, C Davies, B Hood, M Hopkins 13.

Athletic 'A'

The Athletic 'A' side opened their PG2 programme with a deserved win in poor conditions at Cardiff Athletic.

The Barry Club collected nine points in their 74 – 63 win with Billy Wright in good form at No 3 on Dave Newman's rink. Their 24–10 success clinched the overall match result – and the vital points.

There was good bowling in an exciting contest on Gareth Humphrey's rink that ended in a tie – 14–14.

Ivor Stevenson's line-up opened in promising style and led 9–3 after nine ends. But the Arms Park rink came back strongly with long jacks earning them nine shots in three ends to slip ahead.

The visitors rallied with a strong finale and eventually went down by one shot.

Bill Summerell's rink, that included the return of Paul Webley after a long absence, were pipped 17–19 in yet another close affair.

Scores: Barry Athletic v Cardiff Athletic

A Thomas, P Clarke, P Webley, B Summerell 17 J Cornish, G Hammond, K Thorne, G Collins 19;

E Booker, D Coombs, B Wright, D Newman 24 D Lewis, B Williams, B Carter, P Cross 10;

C Phillips, B Turner, G Green, I Stevenson 19 A Sedgmore, D Parker, C Tugwell, J Gardner 20;

D Evans, J Jupp, A Mintern, G Humphreys 14 D Williams, D Hayes, N Roach, A Rayer 14.

This weekend, the Athletic's first team travel to Llanbradach in a PG1 opener and the seconds entertain Barry Plastics in a PG2 fixture.

Tennis Club's open evenings

WITH the countdown to Wimbledon under way, Barry Tennis Club is encouraging more people to enjoy playing tennis with a series of open evenings.

They will take place on each Monday and Thursday from 6pm during June, with junior coaching sessions on Sunday mornings.

The club is offering coaching programmes for young players from five years upwards with the club's professional LTA-licensed coach.

For further details about Barry Tennis Club telephone 01446 412352 or email barrytennis@ntl-world.com or visit the club's web site at www.barrytennis.co.uk .

Gowerton prove to be too hot for Cowbridge Thirds

WITH infinite faith in his weather forecasting, the chairman insisted that Cowbridge Thirds call Gowerton up to meet their fixture despite the persisting rain.

In the event, not only was it played in its entirety, thus validating his seaweed method, but it was the only match played in the West Wales League on Saturday. There were times, however, when the team questioned their unique status.

Throughout the afternoon, episodes of drizzle obscured the view for anyone with glasses and a brisk downpour when Gowerton were 249 for 5 at 4.30pm encouraged the Cowbridge captain to lead a brisk retreat to the shelter of the trees in the hope that Gowerton would take the hint, go in for tea and declare over their sandwiches. This hope was fulfilled.

There had been little to enthuse about until then, apart from the usual keenness of the fielding and the discovery of new wicket keeping talent.

Unfortunately, the former resulted in Hamza Shami's valiant attempt to save a four under the Southway hedge precipitating him into a dense bed of nettles, the results of which he withstood with great stoicism, but Richard Owen's achievement in only letting through three byes in 249 runs has committed him to keeping wicket for the rest of the season.

Cowbridge lacked their two regular openers but George Brown persevered with a straight bat to score 21 and prevent total ignominy, while Tom Scott-Coombes showed that once he has an opportunity to develop his technique there is the potential for some useful innings.

Gowerton were able to field a bowler who would stretch Cowbridge Seconds, and although Cowbridge Thirds were all out for 65, the result was not as bad as it looks.

It's rugby versus cricket in charity challenge match

A CHARITY game of 20-20 cricket will take place in Llantwit on Sunday, June 6.

Facing off against each other will be Llantwit Major Rugby Club and Llantwit Major Cavaliers Cricket Club at Windmill Lane playing fields.

The match is to support LMRFC's chosen charity for 2010 'Help for Heroes'.

A rugby club spokesman said: "This fantastic group supports servicemen and women who are wounded in the conflict zones around the world, principally our troops serving in Afghanistan.

"LMRFC has strong ties to the military base at St Athan and Help for Heroes is a charity which has sport, especially rugby, at its core."

The day starts at 12 noon when the LMRFC minis take on The Cavs under-11s in a 10-over game.

It will be followed by the main event at 1.30pm. There will be a bar, barbecue and raffle running throughout the day.

The spokesman added: "Please come along to what promises to be a fantastic community event and support a wonderful charity. All proceeds from the day will be donated to Help for Heroes."

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04 **04 TOYOTA Avensis 2.0 VVTi T-Spirit Auto 4-dr Saloon.** Silver fern, st moritz charcoal leather, map gps nav system, climate, cruise, electric seat adjustment, only 55,065 miles **£6,495**

04 **04 FORD Focus 1.6i 16v Zetec 5-dr Hatchback.** In panther black with Saloman black interior, climate pack which includes air con and quick clear heated front screen, alloy wheels, colour coded bumpers, only 83,060 miles **£4,395**

03 **03 HONDA Civic Type S 5-dr** in clover green met with half leather sports seats, climate control, alloy wheels, rear spoiler, full Honda service history, only 36,030 miles **£5,695**

02 **51 TOYOTA Corolla 1.6 VVTi GLS Automatic 5-dr** in Atlantis blue metallic with hocney interior, alloy wheels, air con, sunroof, cd auto-changer, body coloured bumpers, only 34,790 miles **£3,495**

SMALL

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09 **09 CHEVROLET Aveo LT 1.4** in pearl black with bricket cloth, aircon, alloy wheels, colour coded bumpers, alarm and immobiliser, cd, only 16,900 miles **£6,995**

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08 **08 FORD Ka Zetec Climate.** In diamond white with cascade indigo interior, colour coded bumpers, alloy wheels, air con, cd, quickclear front screen, only 18,130 miles **£5,995**

08 **08 FORD KA Studio.** In panther black with cascade interior, immobiliser, CD, drivers airbag, central locking, only 32,349 miles **£4,995**

08 **57 FORD KA Style Climate.** In tango red with cascade interior, colour coded bumpers, air con, CD, Quickclear front screen, only 32,136 miles **£5,295**

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07 **07 RENAULT Clio Dynamique 1.4 5-dr Hatchback.** In silver with black interior, alloy wheels, colour coded bumpers, fog lights, only 37,550 miles **£6,995**

06 **06 RENAULT Clio 1.2 16v Extreme 3-dr Hatchback.** In platinum silver with grey interior, alloy wheels, steering wheel mounted audio controls, colour coded bumpers, CD, only 19,860 miles **£5,995**

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06 **06 FORD Ka 1.3 Collection.** In panther black with Tic-Toc interior, cd, body coloured bumpers, immobiliser, only 30,866 miles **£4,195**

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03 **53 MINI Cooper 1.6 Pepper.** In pure silver met with Kaleido half leather interior, panormaic sunroof, alloy wheels, cd, body coloured bumpers, only 24,530 miles **£6,995**

03 **03 MINI Cooper Chilli 1.6 3-Dr Hatchback.** In pure silver with anthracite/black panther cloth/leather interior, interior light package, chrome line exterior, air con, CD, only 36,975 miles **£6,995**

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03 **53 MINI Cooper 1.6 Pepper** in pure silver met with Kaleido half leather interior, panormaic sunroof, alloy wheels, cd, body coloured bumpers, only 24,530 miles **£6,995**

04 **04 FORD Focus 1.6i 16v Zetec 5-dr Hatchback.** In panther black with Saloman black interior, climate pack which includes air con and quick clear heated front screen, alloy wheels, colour coded bumpers, only 83,060 miles **£4,395**

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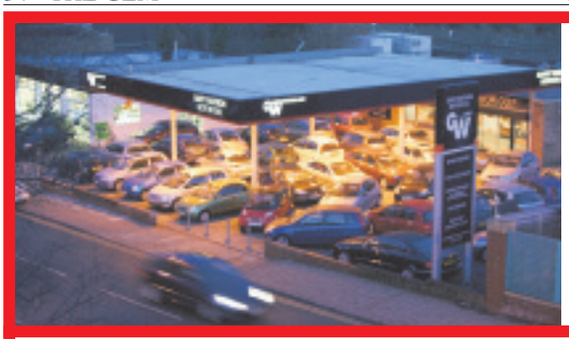

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51 **MINI Cooper.** In black with grey union jack roof + bonnet, decals, cd, etc..**£6,995**

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52 **VW Polo 1.2 5-Dr.** In silver, 70,000 miles, 1 local owner **£3,495**
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- 04 54 **TOYOTA Yaris 1.3VVT** Met blue, 17k . . . **£5,975**
- 07 07 **FORD Fiesta 1.25 Style.** Silver, 24k **£5,750**
- 06 06 **CITROEN C1 Rhythm.** Black, 25k **£5,475**
- 05 55 **VAUXHALL Corsa 1.0 3-dr.** Silver, 30k . . **£4,975**
- 05 05 **FORD Fiesta 1.25 LX 5-dr.** Silver, 38k . . **£4,975**
- 03 53 **HYUNDAI Getz 1.3 3-dr.** Red, 65k **£2,975**
- 05 05 **CHEVROLET Matiz 1.0 5-dr SE** Silver, 50k **£2,950**
- 04 54 **KIA Rio LE 5-dr H/B.** Silver, 45k **£2,975**

Family Cars

- 06 56 **TOYOTA Corolla T3 1.6 5-dr.** Silver, 50k . . Sold
- 06 06 **FORD Focus Zetec Climate TDCi 5-dr.** Met blue, ... **£6,975**
- 06 06 **HONDA Jazz 5-dr.** Blue, 30k **£5,975**
- 05 55 **SAAB 4-dr 2.2 TDi Auto.** Met gold, 60k . . **£5,975**
- 04 04 **PEUGEOT 407 Turbo CDi.** Met blue, 60k **£5,975**
- 07 07 **MITSUBISHI Lancer 1.6 Equipe.** Met Grey, 24k **£5,475**
- 04 04 **FORD Focus 1.8i Edge 3-Dr.** Met blue, 60k Sold
- 04 04 **RENAULT Megane 1.9 TDi 3-dr.** Blue, 60k **£4,975**
- 05 05 **FORD Focus Zetec 1.8 TDi 3-dr.** Blue, 70k **£4,650**
- 04 54 **FORD Focus Ghia Saloon 1.6 4-dr.** Silver, 55k **£4,495**
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- 03 53 **HONDA Civic 1.6i V-Tec S** Met Blue, 55k **£3,950**

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- 06 56 **TOYOTA RAV 4x4 2.0 TDi 5-dr.** Black, 40k **£10,975**
- 05 56 **PEUGEOT 307 SW TDCi 5-dr.** Blue, 40k Sold
- 06 56 **CITROEN Picasso 1.6 HDi EXEC MPV** Red, 30k **£6,975**
- 04 04 **SUZUKI Jimny 1.3 Mode SW.** Red/silver Sold
- 06 56 **RENAULT Scenic 2.0 WT Dynamique** Blue, 22k **£5,975**
- 06 56 **CHEVROLET Tacuma 1.6 SXi 5-dr MPV.** Red, 24k . . . . . Sold
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- **09 59 VAUXHALL Astra Sxi 1.6 3-dr.** Grey, **only 8,000 miles!** New £17,500 **Ours £11,500 Saving £6,000**
- **09 59 VW Polo Match 1.4 TD 5-dr.** Black, **only 4,000 miles!** New £14,750 **Ours £11,500 Saving £3,750**
- **09 09 FORD Fiesta Zetec 1.4 5-dr.** Tango red, **only 2,500 miles!** New £15,500 **Ours £11,000 Saving £4,500**
- **07 07 TOYOTA Verso TS 1.8 mpv.** Silver, **only 23,000 miles!** New £18,500 **Ours £11,000 Saving £7,500**
- **09 09 PEUGEOT 207S 1.6 TD 5-dr hatch.** Neysha blue, **only 13,500 miles!** New £15,500 **Ours £10,000 Saving £5,500**
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- **08 59 KIA Karens GS 2.0 mpv.** Silver, **only 5,500 miles!** New £15,750 **Ours £9,750 Saving £6,000**
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GEM sport

Flickers of light in the gloom of the stats give Wales cause for hope...

BACK PAGE COMMENT by Don John

ON Saturday, December 1, 1906, at the height of the first Welsh 'golden age', a legendary team containing the likes of Percy Bush, Gwyn Nicholls and Dicky Owen, faced South Africa for the first time in front of 40,000 spectators at St Helen's, Swansea.

Only the year previously, there had been that epic 3-0 win in Cardiff over an all-conquering New Zealand touring side and confidence was no doubt high that star-studded Wales was about to claim another big international rugby scalp.

However, on this occasion the men in red failed to score a point as the tourists (*henceforth to become known as the Springboks, on this their first overseas tour*) ran in three tries for a comfortable 11-0 victory.

That historic game, the first of just 23 encounters over 113 years, set the template for almost unbroken Springbok dominance ever since.

The pattern was only briefly broken at the start of the second 'golden age' on January 24, 1970, when Wales held the tourists to a 6-6 draw at the National Stadium, with another burgeoning side of rugby immortals, including a young JPR Williams, Barry John and Gareth Edwards.

Both teams scored a try and a penalty – all of the home points coming from Edwards (his only successful penalty kick in a glittering career, though it may be forgotten now that the legendary scrum half also had two conversions and three drop goals after his name!)

Normal service was resumed 24 years later, on November 26, 1994, when Wales went down 12-24. While it is true to say that the early fixtures between the two nations had been generally close-run affairs, at least on the scoreboard, the gap between the two widened after South Africa returned to the world rugby fold from years of exclusion during the apartheid era.

In 1995, the margin was 40-11 – but who can forget that humiliating day on June 27, 1998, at Loftus Versfeld, when a makeshift Welsh team were over-run 96-13, and only a final knock-on prevented the Springboks from scoring a 16th try to notch the full century?

This however, was partly avenged just 12 months later, on June 26, 1999, at the half-completed new Millennium Stadium, when an inspired Wales abruptly ended a run of 10 successive Springbok victories to record a first (and only) 29-19 win over the tourists.

Alas, the inconsistency that has long haunted Welsh performances struck again in the two recent Grand Slam years: in 2005, Wales lost 16-33; in 2008, they twice slumped away – by 43-17 and 37-21.

Later that year, they again lost 15-20 in Cardiff, though many claimed it was a game they arguably should have won.

So, while history' s statistics may suggest the omens are not good, as Wales again prepare to lock horns with the world champions at the Millennium Stadium on Saturday, that last performance and the 1999 result alone should act as a powerful motivating spur to Warren Gatland's 2010 charges.

After all, history is there to be created, not brooded over – and there is a new-found mental resilience and physical muscularity, allied to natural skill in the Welsh game (as evidenced by the resurgent Blues and Ospreys' trophy triumphs) that should surely fire the current players' belief in their ability to compete with the world's best.

That is the underlying message coach Gatland will be aiming to reinforce as part of Wales' build-up to next year's Rugby World Cup.

Where better to start than with only a second win over a drastically-changed South African team this Saturday afternoon, followed (hopefully) by a morale-building, two-test tour of New Zealand?

Once again, Welsh confidence is high – but on this occasion it could well prove not to be misplaced.

WALES TEAM:
Lee Byrne, Leigh Halfpenny, James Hook, Jamie Roberts, Tom Prydie, Stephen Jones, Mike Phillips; Paul James, Matthew Rees, Adam Jones, Bradley Davies, Deiniol Jones, Jonathan Thomas, Sam Warburton, Ryan Jones (captain).
REPLACEMENTS
Huw Bennett, John Yapp, Alun Wyn Jones, Andy Powell, Richie Rees, Dan Biggar, Andrew Bishop.

Wet weather rules frustrate Cowbridge

ON Saturday, the pleasant sunshine and more comfortable temperatures of the previous week came to an abrupt end as heavy rain and low mist swept through south Wales and ruined the cricket programme.

After a tedious wait, the game in Cowbridge got under way an hour or so late in threatening conditions. Tom Merilaht won the toss and chose to bat, a decision he might have regretted later as Pontardawe took control of the game with the help of rain breaks and a gradual reduction of overs, consequently putting pressure on the batsmen to try to score quickly.

As usual, Tom Merilaht and Mike Lloyd opened the batting and found progress difficult in the face of very hostile and accurate bowling in unfriendly conditions. Five overs and 12 runs on the scoreboard brought the first wicket when Mike Lloyd (six) was unlucky to be caught behind, gloving a rising ball.

From that point, the Cowbridge batsmen were always in difficulties and struggled to 117 from reduced overs, 37 at the start falling to 33 at the end.

It seems bizarre that in poor weather, overs are reduced for the batsmen, but not for the bowlers, who are allowed to retain their full allocation.

Merilaht's innings lasted for 27 overs as he struggled manfully to help his batsmen set a competitive target. He eventually perished, along with others, in a frantic run chase in the last six overs.

Wickets tumbled now as batsmen sacrificed themselves and bowlers' figures grew attractive. Tom Merilaht (49), Rob Carney (12), Nick Davies (16), and Ryan Taylor (12) quickly departed the scene in rapid succession.

The Cowbridge innings finally ended on 117 for 9 after 33 overs, scarcely a competitive total to put the opposition under pressure.

The Pontardawe batsmen were now in the box seat, knowing what was needed for victory and the overs in which to achieve this. On reflection, it was a good toss to lose.

The visitors' innings began in grim conditions and with sensible batting, and a large slice of luck, they reached the target in 22 overs.

By the fourth over they had scored 25 runs for two wickets, and then had their largest slice of luck when the No 4 batsman was dropped before he had scored.

He continued to make the game safe for Pontardawe with some big hits, and finally perished for 55 runs when the score had stretched to 100, and effectively the contest was over.

The best Cowbridge effort with the ball came from Ryan Taylor. In his 11 overs he posed a constant threat, bowling by far his most effective spell of the season so far. His final figures were 2 for 24 with four maidens.

This was another hard lesson for the Cowbridge players to digest. Catches must be taken and more guile and cunning is needed when the weather intervenes. This was shown by Chris Willey when asked to bowl the final over. Either, through sheer luck or premeditated guile, he bowled a wide to deny the opposition an extra bonus point.

Finally, it's a shame that conditions conspired to produce a game of cricket that was not really a fair and even contest. Grim weather and bizarre rules decided the outcome.

Next Saturday, the First XI is away in Briton Ferry while the Second XI is at home. Your support is most welcome.

DL

(See page 32 for the Third XI match report.)

Awards season at Cowbridge RFC

EVEN though the rugby season has finally finished, there's still plenty of rugby related activity at the club.

Following the final match of the season against Old Penarthians, the annual awards presentation took place.

The roll of honour is as follows: Senior Men Player of the Year – Steve Birchenough; Young Player – Josh Lewis; Most Improved Player – John Phillips; Players' Player – Steve Birchenough; Top Points Scorer – Huw Lougher; Playing Clubman – Steve Birchenough; Non–Playing Clubman – Dave Breed.

All were well–deserved and in what was a difficult season for the club, these players epitomised the dedication that kept the firsts going.

The successful Ladies section awards were as follows: Special Recognition – Lucy Llewellyn ; Dedication to Team – Hannah Lewis; Players' Player – Lowri Reeves; Top Points Scorer – Anna Jenkins; Player of the Year – Anna Jenkins; Best Newcomer – Katie O'Neill.

The Youth (who had an outstanding season) awards will be in next week's report, along with a report of the club dinner.

Finally, pre-season training will start in earnest in July. However, in June, a more light hearted version will take place on Thursday night's at 7pm, starting this Thursday. So for all players, current and new, if you want to keep your fitness levels up and have a bit of fun – come down on Thursday

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